

Health Tips

Make Health Happen

A HEALTHY LIFESTYLE
FOR YOUR CHILD

www.anthem.com/inmedicaid

The healthy habits you teach your kids today can help them be healthy adults

Would you like your child to be healthier? Living a healthy life is easier than you think. There are many health benefits for children who follow healthy habits. They'll have better self-esteem, stronger bones and lower risks of certain disease like diabetes and high blood pressure.

You can help your child

Here are some ideas to help your child live a healthy life. Check off any healthy habit you already do with your child.

- I limit foods and drinks high in calories, salt and sugar such as:
 - Sodas
 - Sports drinks
 - Potato chips
 - Fast food
- I feed my child low-fat meats like baked or grilled chicken.
- I don't force my child to finish every meal.
- I limit TV, computer time and video game time.
- I take my family out for activities like walks or a trip to the park.
- I don't use food as a reward or for comfort.

If you checked off even one, you're already teaching your child good habits. What other healthy habits do you do or want to start doing with your child? Write them here:

Why is physical activity important for your child?

Regular physical activity can produce long-term health benefits for your child. Being active can help your child maintain a healthy weight, improve self-esteem and lower risks of certain diseases.

Children should do 60 minutes of physical activity each day. It will help them build strong muscles and bones and burn calories.

You and your child can have healthy fun

Choose activities your child will enjoy and can do regularly.

- Soccer
- Jump rope
- Bike riding
- Basketball
- Swimming
- Dancing
- Skateboarding
- Baseball

What other fun activities can your family do together to burn off calories? Write them here:

Make it fun. Do something new every day!

Go to choosemyplate.gov and letsmove.gov to learn more.



Serving Hoosier Healthwise,
Healthy Indiana Plan and Hoosier Care Connect

Helpful phone numbers for Anthem Blue Cross and Blue Shield members only

Member Services and 24/7 NurseLine:

- Hoosier Healthwise and Healthy Indiana Plan - 1-866-408-6131
- Hoosier Care Connect - 1-844 284-1797
- TTY: 711

Call for free translation/Llame para una traducción sin costo:
1-866-408-6131 (Hoosier Healthwise, Healthy Indiana Plan);
1-844-284-1797 (Hoosier Care Connect); TTY 711.