

Extra Help

Our Healthier YOU care managers will work with you and your family to develop an action plan to help you reach your fitness goals. To find out more, call our Healthier YOU Care Management line at 215-991-4250 or 1-866-500-4571 and speak to a care manager today.



Fitness Tips for the Entire Family

- Plan and cook healthy meals together.
- Eat lots of fresh fruits and vegetables.
- Drink plenty of water; about eight glasses each day.
- Limit junk foods like chips, soda and candy.
- Enjoy a nice brisk walk around the block or through a local park.
- Jump rope, climb the stairs, do sit-ups or some kind of physical activity every day.

Remember, our *Healthier YOU Fit Kids* program was designed just for you. To enroll in this program, call the *Healthier YOU* Care Management line at 215-991-4250 or 1-866-500-4571 (TTY 1-877-454-8477) and get started today.

For more information on staying fit, check out these great websites:

- Michelle Obama's Let's Move Campaign: www.letsmove.gov
- USDA's MyPyramid for Kids: www.mypyramid.gov/kids/
- National Heart, Lung and Blood Institute's We Can! program: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/

Remember, you can do it! And Health Partners Healthier YOU Fit Kids program is here to help along the way!

For help with this information, call our 24-hour helpline.
Si necesita ayuda con esta información, llámenos a nuestra línea de ayuda disponible las 24 horas.

Nếu cần giúp đỡ về thông tin này, hãy gọi số điện thoại trực 24-giờ sau đây của chúng tôi.

Если вам нужна помощь относительно этой информации, звоните в нашу круглосуточную справочную службу.

如果對這訊息有疑問，請致電我們的24小時幫助熱線。

ដើម្បីជាជំនួយ ព័ត៌មានព័ត៌មាននេះ សូមទំនាក់ទំនងទូរស័ព្ទដៃលមាសបំរើការ ២៤ម៉ោង តាមរយៈលេខ :

KidzPartners

1-888-888-1211 • 215-967-4540
(TTY 1-877-454-8477 • 215-849-1579)

Health Partners

1-800-553-0784 • 215-849-9600
(TTY 1-877-454-8477 • 215-849-1579)



Pennsylvania's Children's Health Insurance Program
We Cover All Kids.

www.chipcoverspakids.com



www.kidzpartners.com



In Wellness and Health, Partners for Life.

www.healthpart.com

901 Market Street, Suite 500
Philadelphia, PA 19107

Healthier YOU



Fit Kids Program

Healthier YOU!

Health Partners Programs for Healthy Living

What is the Healthier YOU Fit Kids program?

The *Healthier YOU Fit Kids* program is Health Partners' way of working with you and your family to keep you healthy and physically fit.

Why is staying fit important?

"If you don't do what's best for your body, you're the one who comes up on the short end."

— Julius "Dr. J" Erving, Philadelphia 76ers superstar



Being overweight and out of shape is no fun at all. It can lead to serious health problems like diabetes and heart disease. But if you learn how to stay fit now and continue these great habits throughout your life,

you will decrease your chance of developing such diseases.

Staying fit also allows you to do more of the fun things that you like to do. Think about it. Would basketball stars Michael "Air" Jordan or Kobe Bryant have been able to make their game-winning shots without being in shape? What about legendary baseball player Roberto Clemente or tennis champions Venus and Serena Williams? They and other fine athletes excel because they are physically fit, and you can, too.

How can Health Partners help me to stay fit?

"Just play. Have fun. Enjoy the game."

— Michael Jordan, former NBA star



Healthy eating is one step in the direction toward a healthier you. Of course you have to exercise, too. **Our Healthier YOU Fitness Programs** can help you do both. Programs include:

- **Weight Watchers® Program** — must be age 10 or over
- **Healthier YOU fitness center memberships**

For more information, call our Member Relations department at 1-800-553-0784 for Health Partners or 1-888-888-1211 for KidzPartners (TTY 1-877-454-8477).



How else can Health Partners help me stay fit?

"Alone we can do so little; together we can do so much."

— Helen Keller, author and activist for the disabled

Partners in Health

According to the American Academy of Pediatrics, children up to age 20 should see their doctor for a well visit at least once a year, infants and toddlers even more often. Your doctor will check on your health during your visit. Well visits also give you a great chance to talk to your doctor about starting a new exercise routine or eating better.



If you have not seen your doctor for a well visit this year, schedule a visit today. **If you don't have a doctor, call our 24-hour Member Relations helpline anytime and we will help you find one in your area.** Call 1-800-553-0784 for Health Partners or 1-888-888-1211 for KidzPartners (TTY users can call 1-877-454-8477).