



Keeping Your Kids Healthy

Your child should see his or her doctor at least once a year. An infant or toddler should see a doctor more often. These checkups are called **well visits**.

The doctor (called a pediatrician) will check on your child's health at well visits. These checkups give you a chance to talk to the doctor about your child's health and well-being. Don't forget to ask about exercise and healthy eating tips for your child.

If your child has not seen his or her doctor for a well visit in the past year, schedule a visit today. Health Partners Plans can help you schedule an appointment or find a pediatrician near you—just call Member Relations at **1-888-477-9800 (TTY 1-877-454-8477)**.



Healthy Tips for Your Family

- Cook and eat healthy meals together.
- Eat lots of fresh fruits and vegetables.
- Drink water, 100% fruit juice and vegetable juice instead of sugary drinks.
- Limit junk foods like chips, soda and candy.
- Spend time outdoors. Fun activities include walking, biking and hiking.



1-888-477-9800
(TTY 1-877-454-8477)



Health Partners Plans
901 Market Street, Suite 500
Philadelphia, PA 19107



HPPlans.com



Health Partners Plans



HPPlans

Health Partners (Medicaid) and KidzPartners comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-477-9800 (TTY 1-877-454-8477).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY 1-877-454-8477).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/1-877-454-8477).



Healthy Kids



Health Partners Plans



Vaccinations Save Lives

You may have seen news reports about measles or mumps cases. Your child needs to get vaccinations (sometimes called shots) to protect against dangerous diseases like measles, mumps and chicken pox. Children who do not get vaccinated may become sick. That's why it's important to vaccinate your child.

The pediatrician can give these shots to your child at any visit. If your child misses a vaccination, you can still catch up. Getting up to date on vaccines will help protect your child.



Vaccines are safe and protect your child against diseases. Vaccinations should begin at birth and some vaccinations require more than one shot (called a booster shot).

If you need help scheduling appointments, call Member Relations at 1-888-477-9800 (TTY 1-877-454-8477).



Getting Fit is Fun!

Our Fit Kids program helps keep kids healthy and fit. Children who join Fit Kids will create health and fitness goals and start a plan to reach those goals.

Being overweight or obese can lead to serious health problems, such as diabetes and heart disease. Teach your child how to stay fit and maintain healthy habits to lower their chances of developing serious health problems.



How Can Health Partners Plans Help?

Health Partners Plans (HPP) can help your child stay healthy.

- Ask about **Fit Kids**—it's a great way to get healthy!
- Go to a **Wellness Partners** event like yoga or Zumba! Visit HPPlans.com/WellnessPartners to learn more.
- Learn about how to eat healthy with **nutrition counseling** from an HPP care coordinator.
- Start an exercise routine with our **fitness benefit**. Visit HPPlans.com to learn more.
- Register with **Teladoc** to have 24/7 access to doctors by phone or video. Visit Teladoc.com to register today.

HPP is here for you. If you have questions about these benefits, call Member Relations anytime at **1-888-477-9800 (TTY 1-877-454-8477)**. Member Relations can help you pick a doctor, make an appointment and find a pharmacy near you.