



Five back-to-school tips to keep your child healthy

Are you and your child ready for school? Here are five tips to get your child off to a healthy start for the school year:



1. Check if your child needs any vaccines before school starts.

This is one of the most important things you can do to protect your child's health. If your child is behind on vaccines, he or she can get caught up at any age. Some schools require students to be up to date on certain vaccines.¹ Did you know that your plan covers 100% of preventive care services, such as vaccines, when you see a doctor in your plan?



2. Set a good sleep schedule.

Getting enough sleep is essential for your child to succeed in school. Preschoolers need 11 to 12 hours of sleep; school-age kids should sleep 10 hours each night and teens need 9 to 10 hours of sleep.²



3. Pack a healthy lunch.

Make sure your child has a balanced meal with fruits, vegetables, protein or grains. Also, keep hot foods separate from cold food to prevent food poisoning.²



4. Listen to your child.

Provide a safe environment at home so your child feels comfortable talking to you about issues at school such as bullying. Although your family may have a busy schedule, it's important to make time to talk with your children and reassure them.



5. Encourage less screen time and more physical activity.

Instead of spending time in front of the TV, computer, game console and phone, have your family go for a walk, bike ride, hike or other type of exercise.



Learn more ways to stay healthy

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¹ Vaccines.gov website, *Who & When* (accessed May 2017): vaccines.gov/who_and_when/index.html.
² Kids.gov website, *10 Tips to Get You Ready for Back to School* (accessed May 2017): kids.usa.gov/parents/health-and-safety/back-to-school/index.shtml.

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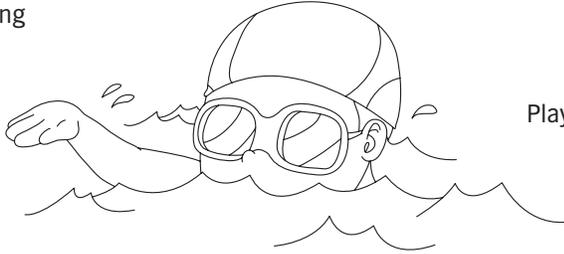
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Here are some fun ways to get exercise in your day

Color the pictures of things you've tried and see if you can avoid the germs in the puzzle!

Swimming



Playing tag



Playing basketball

Walking your dog

