Help your child stay healthy

As a parent, there are many things you can't control when it comes to raising children. We get it. But you can help your child take steps every day to keep their bodies healthy. This includes eating healthy foods, being active and seeing their primary care provider (PCP) and dentist regularly.

Give your child a variety of food choices

Children tend to eat what's available to them. So it's important that you offer your child nutritious options as often as you can. Possible options include:

- Fruits, vegetables and whole grains
- Low-fat or non-fat milk and milk products (including cheese and yogurt)
- Lean meats, poultry, fish, beans, eggs and nuts
- Plenty of water — and less sugary drinks
- More meals at home

Keep your child active

Exercising is one of the best ways to help your child stay healthy. It helps manage weight, keeps bones and muscles strong and improves flexibility. Aim for your child to get 60 minutes or more of exercise a day. It's easier than you think. Try family and solo activities. Options include, but are not limited to:

- Biking, walking or swimming
- Playing outside (frisbee, playground, etc.)
- School or recreational sports
- House chores

It's also helpful to limit the amount of time your child watches TV or uses a smartphone, computer or other device.

United
Healthcare
Community Plan

Schedule a PCP and a dentist visit for your child

Seeing a PCP once a year and a dentist every six months helps make sure your child stays healthy. Even if your child's not sick, it's important that they see their PCP. These visits keep track of your child's growth and development. And they can be great for catching small problems before they become bigger issues. Similarly, that's why it's helpful for your child to see their dentist for a checkup and cleaning. A healthy mouth plays a huge role in your child's health too.

Keep your active child safe

Physical activity is important for all children. If you're unsure of what activities are safe for your child, be sure to talk to their PCP before they begin a new activity. If your child has a health condition, you may also want to:

- Let coaches and schools know about your child's conditions and what to do if something happens
- Have your child wear an emergency ID tag if needed

Questions? We're here to help.

Call Member Services toll-free
1-866-270-5785, TTY **711**,
Monday–Friday, 7 a.m.–7 p.m.
myuhc.com/CommunityPlan

United Healthcare
Community Plan