

Tips to Keep Kids Healthy

School's out and the kids are home for the summer. Now's a great time to encourage good habits to help kids stay healthy, fit and protected.

The summer months are a great time to emphasize good health habits with your kids.

Try these tips:

- **Limit TV time and instead encourage physical activity.** Children who watch four hours of TV daily are at higher risk for obesity than those who watch TV half that much.
- **Introduce exercise to help build strong bones while developing good habits.** Encourage swimming, biking, or other outside family activities but.....
- **Slather on sunscreen and put on a hat.** Be sure to apply sunscreen 30 minutes before venturing outside and again after swimming.
- **Wash hands frequently.** Washing hands to the count of 20 helps get rid of common bugs, from colds and flu to pinkeye.
- **Serve fruits and veggies.** Take advantage of the summer produce! Attend a local farmer's market and try a new fruit or vegetable. It takes time for children to develop a taste for vegetables so keep trying.
- **Schedule annual back-to-school physicals** – physicals are covered at 100% by First Data's medical plans (certain age and frequency limits apply). It's not too early to make an appointment with your physician.

Check back in August for more "back to school" health tips.

Both Health Advocate and your First Data sponsored medical plan are ready to help you find the right doctors and explain coverage.

Take advantage of the free and confidential services offered by:

- Health Advocate by calling 866-695-8622.
- Aetna at www.aetna.com, or call 800.475.8782
- United Healthcare at www.myuhc.com, or call 899.627.7800.