

Spring into Summer!



Kidz-Strong

chip Pennsylvania's Children's
Health Insurance Program
We Cover All Kids.
www.chipcoverspakids.com

KidzPARTNERS
HEALTH PARTNERS' Plan for Children
www.kidzpartners.com

Fast facts to keep your kids healthy and strong

Kidz-Strong Tips

- Kids who get regular exercise can prevent the complications that come from being overweight, like diabetes. Walking, playing basketball, swimming and other activities keep the pounds down and kids' hearts strong.

KidzPartners can help with a fitness benefit for use at local fitness centers, and a Weight Watchers® benefit for members age 10 and older.



- Drinking sugary drinks like soda actually makes you thirstier! Help your kids choose water to stay cool and healthy.
- When the weather gets sticky, it gets harder to breathe. If your child has asthma symptoms—coughing, wheezing, shortness of breath—see your child's doctor to prepare for the humid days.



KidzPartners
901 Market Street, Suite 500
Philadelphia, PA 19107

Wishing you a fruitful day!



Fruits are great sources of nutrients, like potassium, fiber, and vitamin C.

Boys and girls need different amounts as they grow, but by age 2 or 3, they'll benefit from having a cup of fruit a day.

Whole or cut-up fruits are sweet treats that help kids feel full with fewer calories. Many include vitamin C, which helps repair cuts and wounds, and keeps kids' teeth and gums healthy, too.

CHOPPER



CHECK

Kids have reason to smile if they brush and floss their teeth twice a day, and see their dentists twice a year. That's double the protection against cavities and gum disease. CHIP, brought to you by KidzPartners, covers your kids for preventive, routine and emergency dental care. Plus, KidzPartners makes getting braces a little easier with up to \$100 reimbursement for orthodontia services after a year of membership.



KidzPartners Corner

Important info for members

- ◆ Our Healthier YOU Care Management program offers extra help for members with asthma, diabetes and serious weight problems. Call 1-866-500-4571.
- ◆ KidzPartners members can get help with health questions anytime. Call our 24-hour Nurse Advice Line at 1-866-855-9747.
- ◆ Our 24/7 Member Relations line can answer your benefits, enrollment or other plan questions: 1-888-888-1211 (TTY 1-877-454-8477). We're always here for you!
- ◆ Keep in mind that you need to renew your child's CHIP coverage each year. It's easy—you can even renew up to three months in advance!



Don't kid around!
Insure your child's health.



FREE or low-cost health insurance for uninsured kids from CHIP, brought to you by KidzPartners.

Call
1-888-888-1211
TTY 1-877-454-8477

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