

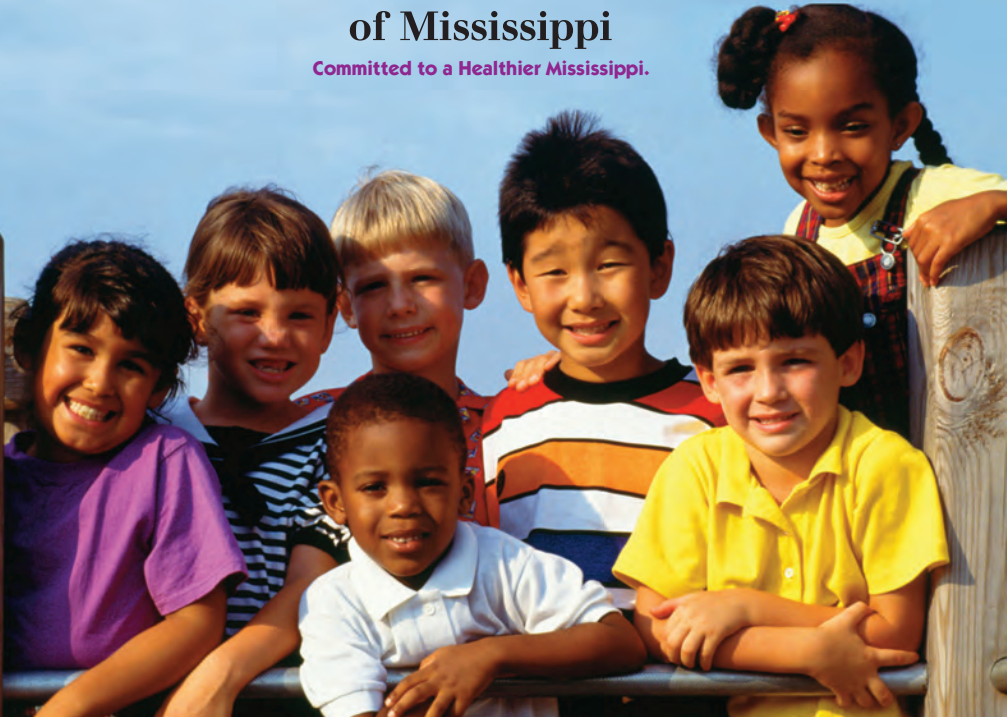


Wellness Guide for Kids



**BlueCross BlueShield
of Mississippi**

Committed to a Healthier Mississippi.





It's Time for a Healthy Me!

It's good to be healthy! Being healthy means taking good care of your body on the inside and outside. One of the things you can do to be healthy is to go to your doctor for your Healthy Me! visit. At your Healthy Me! visit, your doctor will check to make sure you are healthy on the outside and on the inside. He will check your body to make sure everything is o.k., ask you some questions and talk to you about how to be healthy.



How does the doctor know if I am healthy?

At your Healthy Me! visit, the nurse will use a big ruler to see how tall you are. You will also stand on a scale to see how much you weigh. This helps your doctor and your parents see if you are growing healthy and strong.

How do I know if I am healthy on the inside?

Since the doctor or nurse can't see your insides to make sure they're healthy, they will examine you by looking and listening around. They want you to be healthy, so they check a lot of things.

They will look in your eyes, ears, nose and throat to make sure they all look healthy. They will listen to your heart and lungs to make sure they sound good and strong. They will give your finger a tiny prick to check your blood. You will be asked to go to

the bathroom to put some of your urine in a cup.

Your doctor can also help protect you from dangerous germs that can cause a lot of different problems. Fortunately, most of these germs don't make people sick anymore because most people get protected from them by getting vaccinated.

It's like a suit of armor to keep dangerous germs away, just like wearing a bike helmet or a seatbelt can help keep you from getting hurt.



What else can I do to be healthy?

Eat Healthy!

Eating healthy is just like putting gas in your car. The gas makes your car run. Without gas, you can't go anywhere. It's the same with food. You need fuel to make your body work!

Just like gas for your car, some food is better for you than other food. Fruits and vegetables make your "engine" work better than foods like cookies, candy, ice cream and French fries. That doesn't mean it's hard to pick good foods. One way to help you and your parents pick the best foods is MyPyramid for Kids from the U.S. Department of Agriculture.





MyPyramid for Kids (www.mypyramid.gov/kids) will show you each food group and how much you need to eat from each group every day. Each of the food groups has a different color to make it easy for you to see the different food groups.

The food groups are:

Grains – Wheat bread, brown rice, popcorn, cereal

Vegetables – Green beans, carrots, lettuce, tomatoes

Fruits – Grapes, bananas, strawberries, watermelon, oranges

Oils – Use only a little!

Milk – Low-fat milk and yogurt

Meat – Chicken, turkey, fish



You should **NOT** eat a lot of ice cream, potato chips, hamburgers, French fries and other fattening foods. Yes, they may taste good, but their grease and fat can make a lot of gunk inside your body. After a while, your insides will become unhealthy. By eating healthy, you can keep the inside of your body healthy.



So, if I just eat healthy will I be healthy?

Be Active!

Eating healthy will help you be healthy, but you also need to be active. So get outside and play! Being active and playing helps your bones, muscles and brain become stronger. It also helps your body stay at a healthy weight.

Have fun being active. You can do anything like playing basketball, soccer, dancing or even playing hopscotch or jumping rope. Just get your body moving!

Try not to watch too much T.V. or play too many video games. When you do this, you are not moving your body, which means everything slows down. You also might want to eat too much junk food while you are sitting still. Instead, go outside with your friends and find something fun to do!



Is there anything else I need to do?

Well, there is one more thing you can do – or should we say *NOT* do.

You should *never use tobacco* of any kind like cigarettes, dip tobacco or cigars. Tobacco use is one of the worse things for you and can do things to you like cause cancer, make your breath, teeth, hair and clothes smell bad, turn your teeth yellow and make you sick.



Right now, your lungs are healthy and pink. When you use tobacco, your lungs can turn black and diseased. It's also hard to stop once you start. So, the best thing to do is to never start!

**Get more information
about being healthy at
[www.bcbsms.com!](http://www.bcbsms.com)**

Wow! I learned so much!

Being healthy can be a lot of fun! When you eat healthy, exercise and avoid tobacco, you will feel good, have lots of energy and be healthy! The first thing you should do now is tell your parents to schedule your Healthy Me! visit with your doctor. You may also want to think about any questions to ask your doctor about being healthy. At your age, there is a lot going on with you. You can always talk to your doctor and ask him or her about these things.



My Plan for a Healthy Me!

See My Doctor

I will ask my parents to take me for my Healthy Me! visit.

Yes No

My Healthy Me! visit will be on _____(month)
_____ (day), _____ (year).

Eat Healthy

I will eat more healthy foods like _____,
_____, and _____ .

I will eat less unhealthy foods like _____,
_____ and _____.

Be Active

I will get outside and play _____ minutes each day, doing things like _____, _____, and _____ (list your favorite activities here).

Be Healthy

I will live a healthy lifestyle and will not smoke, use tobacco products or take drugs.

Yes No

Be Safe

I will always wear a helmet when riding my bike and always wear a seatbelt in the car.

Yes No



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