Keep kids on track with their health.

Eat smart.

Have them choose whole, fresh fruits, veggies, grains, and protein. Try to limit fast food, processed snacks, and sugary drinks/desserts.

Get plenty of sleep.

Kids ages 6–12 need 9–12 hours of sleep each night, while teens ages 13–18 need 8–10 hours. Have a regular bedtime routine and limit screen time before bed.

Move more.

Aim for one hour or more of moderate or intense exercise every day. It could be biking, dancing, playing tag — anything that gets their heart pumping.

Watch less.

Try to limit their screen time to two hours per day. Instead, go for fun, brain-friendly activities, like reading, painting, drawing, or playing board games.

Source: Centers for Disease Control and Prevention

Looking for more ways to help kids build healthy habits?

Check your plan for more info on wellness services we offer for kids. Preventive visits — like yearly checkups with an in-network pediatrician — may be covered at no cost to you.* You may also have access to other resources, like nutritional counseling and diabetes management.

* Grandfathered health plans may charge cost sharing for preventive services, even when received from a network provider.

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