

Health & Wellbeing

for Children of All Ages

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Tips for Illness Prevention

You and Baby.
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Prenatal Visits.

Well-Child Visits –
Is Your Child Overdue?

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Is it ADHD, Anxiety
or Depression?

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Excellus



Everybody
Benefits

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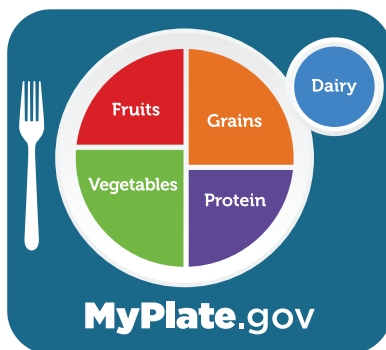


Healthy Habits *for kids*



Eating healthy is important.

A good rule of thumb is for children to have three meals and two snacks a day.



MyPlate can help you think about the right balance of foods at each meal—fruits and vegetables, protein, grains and dairy or fortified soy alternatives.

- Make half your plate fruits and vegetables.
- Switch to skim or 1% milk.
- Make at least half your grains whole.
- Vary your protein food choices.

What about snacks?

The best snacks have both fiber and protein. Think fruit with yogurt, vegetables with cheese, or whole grain crackers with peanut butter. Instead of fruit juice or soda, consider low-sugar options like milk or water.

As your child grows, their needs change. Talk to your child's pediatrician about diet, exercise or how you can help your child build healthy habits.

Help your kids have strong bones tomorrow.

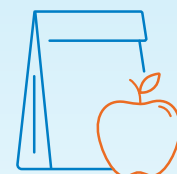
Most bone strength is built when we are young and growing rapidly.

Help reduce your child's risk of osteoporosis or 'weak bones' as an adult with plenty of calcium, vitamin D and physical activity.

Learn more about healthy eating at [MyPlate.gov](https://www.MyPlate.gov)

Good habits can help keep kids healthy.

Routine well child visits and immunizations



Eat Healthy

Drink Water



Get Moving

Sleep





Tips for illness prevention

Because daycare and school can be a major breeding ground for germs, including colds, flu, RSV and COVID-19. Help protect your child from sudden or serious illnesses.

HELP STOP THE SPREAD OF COLDS AND OTHER ILLNESSES



- Cover coughs and sneezes
- Wash hands frequently
- Keep sick kids home



- Do not share food, drinks and eating utensils with others
- Avoid touching the face with unwashed hands

Cover coughs and sneezes

Use a tissue to cover both nose and mouth when coughing or sneezing.

If there is no tissue, use an elbow to catch the cough or sneeze.

Throw away used tissues from coughs, sneezes or nose blowing.

Wash hands

Washing hands reduces the spread of illness.

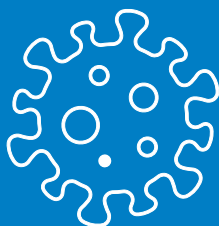
Wash hands before eating, after sneezing, coughing, or going to the bathroom.

- 1. Wash for at least 20 seconds with warm water and soap.** Wash between fingers, under nails and backs of hands.
- 2. Rinse** hands with clean water.
- 3. Dry hands** with a clean towel or air dryer.

Keep your child home if they are sick

This includes:

- Coughs or sore throat not due to allergy (e.g. pollen, dust, mold, etc.)
- Fever
- Vomiting
- Diarrhea



✓ The Flu, COVID-19, and RSV

Flu and COVID-19 vaccines are available for most children. RSV vaccines are now available for pregnant people and babies.

Talk to your doctor about flu, COVID-19 and RSV risk and prevention for babies, children and during pregnancy.

You & baby.

Stay healthy with prenatal visits.



Are you expecting?

Regular prenatal visits are important to check the health of you and your baby.

		TAKING CARE OF YOU					BABY...
VISIT EVERY 4 WEEKS	Appointment Date/Time	Discuss Prenatal Care	Discuss Your Birth Plan	Ultrasound	Blood Pressure and Weight*	Glucose Screening	Baby's Heartbeat/ Growth
8-12 weeks		•	•	•	•		•
12 weeks		•			•		•
16 weeks		•		• between 18-20 weeks	•		•
20 weeks		•			•		•
24 weeks		•			•	• between 24-28 weeks	•
28 weeks		•	•		•		•
VISIT EVERY 2 WEEKS							
Week 30-36			•		•		•
VISIT EVERY WEEK							
Week 37-40			•		•		•

*Visit may also include urine test or lab work

What to Expect

Prenatal visits check on the health of you and baby during pregnancy to lower the risk of complications.

YOUR DOCTOR WILL

- Discuss the benefits of prenatal vitamins for the health of you and baby. **Be sure to let doctor know any medicines or supplements you currently take.**
- Check your weight and blood pressure each visit, and baby's growth, development and position in your womb.
- Monitor any pregnancy risks related to high blood pressure or diabetes (existing or related to pregnancy).

THEY MAY ALSO

- Discuss prenatal tests that check for birth defects or genetic concerns.
- Talk about family planning and/or contraception after your baby is born.

MILESTONES

- **10-12 weeks** your doctor can hear your baby's heartbeat
- **18-20 weeks** you may be able to find out baby's sex with an ultrasound
- **20 weeks (or sooner)** you may feel baby move

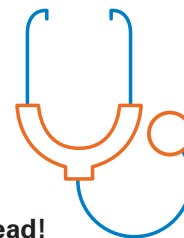
After Having Baby

Schedule a follow-up visit with your provider 1-12 weeks after delivery to check on your recovery, talk about how you feel, and ask any questions you may have.







Well-child visits – is your child overdue?

Regular well-child visits check your child's growth and development, and can help you stay on track with recommended immunizations. These visits are a good time to ask your health care provider about sleep, growth, nutrition, behavior, medication and learning milestones.



Schedule your next appointment while you are at the provider's office. It is easier to schedule ahead!

Age	 BABIES (less than 1 year)	 TODDLERS & PRESCHOOLERS (ages 1-4)	 SCHOOL-AGE KIDS (ages 5-10)	 PRE-TEENS & TEENS (ages 11 and up)
Visit the doctor at	<ul style="list-style-type: none"> • 3-5 days • 1 mo • 2 mo • 4 mo • 6 mo • 9 mo 	<ul style="list-style-type: none"> • 12 mo • 15 mo • 18 mo • 24 mo (2 yr) • 30 mo (2½ yr) • 3 yr • 4 yr 	<ul style="list-style-type: none"> • Once a year 	<ul style="list-style-type: none"> • Once a year
Visit focus	<ul style="list-style-type: none"> • Feeding • Growth and weight • Hearing check (at birth) • Oral health check (ages 6 months, 9 months)* • Safety • Sleep • Developmental screening • Vaccinations (if needed) 	<ul style="list-style-type: none"> • Autism screening (ages 18 and 24 months) • Blood pressure screening (age 3+) • Lead screening (ages 12 and 24 months) • Obesity screening – measure body mass index (BMI) (24 months and older) • Oral health check* • Vision screenings (ages 3 and 4)* • Developmental screening • Vaccinations (if needed) 	<ul style="list-style-type: none"> • Blood pressure screening • Obesity screening – measure body mass index (BMI) • Oral health check* • Vision screenings (ages 5, 6, 8, 10)* • Developmental screening • Vaccinations (if needed) 	<ul style="list-style-type: none"> • Blood pressure screening • Depression screening (age 12 and older) • Hearing screenings (age 11-14 once, age 15-18 once, age 18-21 once) • Oral health check* • Obesity screening – measure body mass index (BMI) • Vision screenings (age 15)* • Developmental screening • Vaccinations (if needed)

*First dental visit is recommended by a baby's first visit birthday, or when teeth first arrive.

IF YOU HAVE CONCERNS ABOUT YOUR CHILD'S BEHAVIOR OR MENTAL HEALTH



**TALK TO YOUR
PEDIATRICIAN OR A MENTAL
HEALTH SPECIALIST**



**GET SUPPORT IN SCHOOL
OR IN YOUR COMMUNITY**



**CONNECT WITH
FAMILY AND FRIENDS**

Your Child's Health Privacy – What You Should Know

The privacy of your child's health information is important and protected by the Health Insurance Portability Act (HIPAA) and sometimes by state law.

If your child is an adult 18 or older all of their health information is protected. For minors under 18 protected information can include:

- Alcohol and substance use treatment
- Abortion
- Sexually transmitted diseases
- HIV/AIDS
- Services where a minor gave consent for care and the state does not require parent consent (emergency care for example)

Each provider or organization has their own authorization, including your health insurance, pediatricians, therapists, or other health care providers.



When health information is protected, your child must complete an authorization request to let your health insurance or providers know who can discuss their health information.



Tips to Raise Resilient Kids



Being a kid can be tough. Between peer pressure, schoolwork stress, and friend troubles, kids are not immune to the ups and downs of daily life. Here are ways parents can show support.

- **MODEL A POSITIVE ATTITUDE.**

Kids will learn from how you handle difficult situations. Let them see an "I can do it" attitude. Remind your child—and yourself—that the current issue is temporary, and things will get better.

- **HELP YOUR CHILD SET GOALS.**

Promote realistic goals in school, sports, and life in general. Teach children to work toward goals one step at a time—small steps can develop confidence and resilience.

- **BUILD CONNECTIONS.**

Take time to eat and talk together as a family. Encourage your child to make good friends. Creating strong, loving connections will help ensure that your child has support in times of trouble.

- **HIGHLIGHT YOUR CHILD'S STRENGTHS.**

Comment frequently on what your child does well to help build his or her confidence. Point out when child is kind, shows integrity, and persistence.



Is it ADHD, Anxiety or Depression?

Kids are Struggling with Mental Health

Our children need help and support more than ever. ADHD, anxiety and depression are among the most commonly diagnosed mental disorders in children (*CDC.gov*). According to experts, family history, trauma and abuse, stress, bullying, and other factors all play a part.

Facts

- ✓ 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- ✓ In children between ages 6-17, almost 1 in 6 have a mental illness.
- ✓ 1 in 3 young adults age 18-25 have experienced a mental illness.

Does My Child Have ADHD?

If your child is struggling at home or school, you may be wondering if ADHD, or attention-deficit/hyperactivity disorder, is the cause. ADHD symptoms usually start before age 12 (often between age 3 and 6), but they may not be recognized until a child is older.

Wonder if your child has ADHD? Ask yourself these questions.

- **CAN MY CHILD PAY ATTENTION?**
Your child does not seem to listen, is easily distracted, does not pay attention to details, frequently loses or forgets things, and does not follow through on tasks.
- **DOES MY CHILD HAVE TOO MUCH ENERGY?**
Your child is hyperactive and always in motion, cannot stay seated, does not play quietly, squirms and fidgets, talks too much, and often runs and jumps around—even when it is not allowed.
- **DOES MY CHILD ACT WITHOUT THINKING?**
They have trouble taking turns. They might run into the street before looking both ways. They lack patience and interrupt others.
- **DO THESE BEHAVIORS HAPPEN IN MORE THAN ONE PLACE?**
They appear at school, at home, or elsewhere and cause problems with their family, friends, schoolwork or ability to be a good teammate.

Share your concerns with your child's health care provider if this sounds like your child and you have noticed symptoms for over six months, and it affects your child's daily life.

Follow-Up Care for Kids and Teens with ADHD

Ongoing care and check-ins are important to manage ADHD. Your child's needs may change over time.

1. FOLLOW-UP VISITS.

Visits may need to be more frequent at first, but later may only be a few times a year.

2. MEDICATION.

Follow-up visits are important to find the best medication, dose and schedule for your child. It is not uncommon to need to adjust medication over time.

3. TRACK YOUR CHILD'S PROGRESS.

Treatment plans may include medication, behavior therapy and support from parents, teachers, and other caregivers. Together, you can help your child reach their goals—such as taking turns, paying attention, study or organization habits, or working on social skills.

4. BE PATIENT AND FLEXIBLE.

Helping your child reach their goals will take time. Most kids respond well, but keeping track of progress is the best way to tell if tuning is needed. If your child is not reaching their goals, discuss the reasons why—and what to do next—with your child's provider.

5. TAKE CARE OF YOURSELF AND LEARN ABOUT ADHD.

Consider joining a support group, parent training, counseling or learning ways to manage stress may help.

ADHD or Anxiety. *Can it be both?*

A child can struggle with both ADHD and anxiety. Symptoms can cause problems at home or school and vary from child to child.

(healthychildren.org)

✓ ADHD

- trouble focusing and behaving
- daydreams a lot
- forgets or loses things
- squirms or fidgets
- talks too much
- make careless mistakes
- take unnecessary risks
- hard to resist temptation
- trouble taking turns
- difficulty getting along with others

✓ ANXIETY

- feel fear, worry, be irritable or angry
- have trouble sleeping, fatigue, headaches, or stomachaches
- fear of being away from parents (separation anxiety)
- phobia (extreme fear of a thing or situation)
- social anxiety (afraid of places where there are people)
- general anxiety (worried about the future or bad things happening)
- panic attack (sudden, unexpected intense fear with symptoms like a pounding heart, trouble breathing, feeling dizzy, sweaty or shaky)

Source: Adapted from CDC.org



Depression in Children and Teens

The symptoms of depression differ by child. Some children can get through their day, but others may struggle. It is important to know not all children appear sad or share their thoughts. Depression is different for every child.

Common Symptoms

(Source: National Institute of Mental Health)

Sad, low or tearful or lack pleasure in activities they used to enjoy

Angry or irritable

Hopeless, worthless or guilty

Hard to pay attention or concentrate

Physical aches and pains (stomachaches or headaches)

Social withdrawal

Eat a lot more or less than usual

Weight changes (gain or loss), diet or exercise excessively

Sleep a lot more or less than usual, or are sleepy during the day

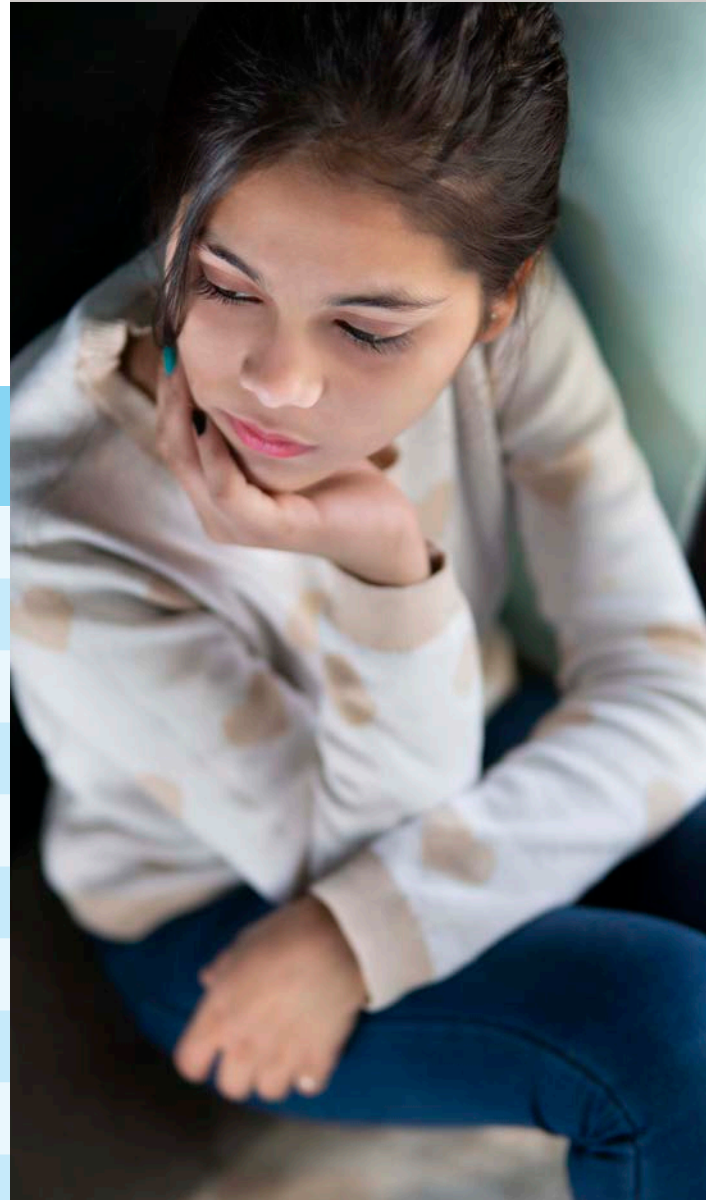
Tired or no energy, or tense and restless

In younger children, symptoms may appear as tantrums or irritability, frequent talk about fears or worries, and/or the inability to sit quietly.

Depression is serious and must be treated. A depressed child may think about or self-harm (cutting or burning themselves) or engage in risky behavior, think about death or attempt suicide. Older children are more likely to start to smoke, drink or use drugs.

Talk to others. Check in with the people that spend a lot of time with your child—other parents, caregivers, teachers, counselors or coaches. They may share similar concerns.

Talk to a doctor or mental health specialist. If your child has symptoms of depression for at least 2 weeks, or you are unsure, talk to your child's doctor or mental health specialist.



Among U.S. Adolescents
(aged 12-17):



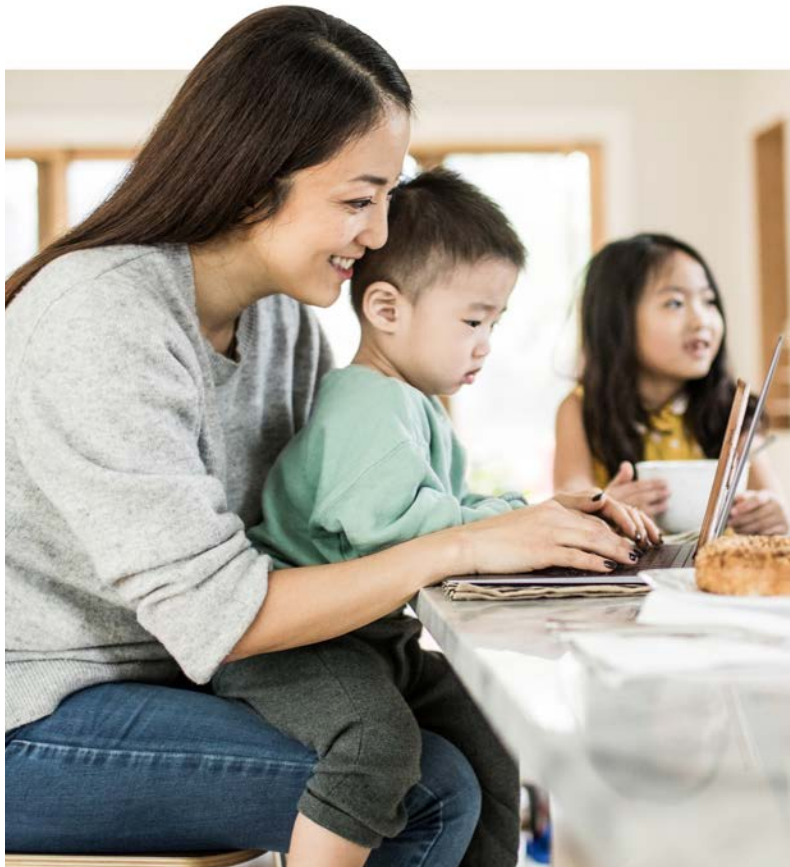
1 in 6

has experienced a
major depressive episode

Source: NAMI Mental Health by the Numbers, 2020

Support for your *Whole Family*

National Alliance on Mental Health (NAMI)	The NAMI HelpLine provides information, resource referrals and support to people living with a mental health condition.	Contact the NAMI HelpLine Monday – Friday, 10 a.m. – 10 p.m. E.T. Call 1-800-950-NAMI (6264) (TTY 711) Text 62640 Chat NAMI.org/help
Substance Abuse and Mental Health Services Administration (SAMHSA)	Find mental health and/or substance use disorder treatment.	Visit FindTreatment.gov Call 800-662-HELP (4357)
988 Suicide & Crisis Lifeline	The Lifeline provides 24/7, free and confidential support for people in distress, suicide prevention and crisis resources for you or your loved ones.	Call or text 988* Call 1-800-273-8255 (TTY 711) (language assistance is available) <i>*988 may not be available in every state</i>
Emergency	If you or a loved one are experiencing an emergency Call 911 or go to the nearest emergency room.	



Affordable Internet

The Affordable Connectivity Program (ACP) is a federal program to help eligible households struggling to pay for internet service and or internet-connected devices.

ELIGIBLE HOUSEHOLDS RECEIVE:

- Up to a \$75/month internet discount
- A one-time discount of up to \$100 toward the purchase price of a laptop, desktop or tablet (if purchased from a participating provider)

FIND OUT IF YOUR HOUSEHOLD IS ELIGIBLE:

Visit [fcc.gov/acp](https://www.fcc.gov/acp)
Call 877-384-2575 (TTY 711)

Free or Low-Cost Health Insurance *for Children*



Your child may qualify for free or very low-cost health insurance through New York State if they are:

- Under age 19
- New York State residents
- Not eligible for Medicaid or the New York State Health Insurance Program (NYSHIP), and have no other health insurance

Children may be eligible regardless of immigration status.

What is Covered?

New York state plans for children offer coverage for health care such as well-child visits, immunizations, dental, vision, hearing, mental health and substance use services, and prescriptions.

This is not an all-inclusive list of covered benefits.

HOW DO I LEARN MORE?

Visit [NYStateofHealth.ny.gov](https://www.ny.gov/health)

Call **NY State of Health at 1-855-355-5777 (TTY 711)**

Monday - Friday, 8 a.m. - 8 p.m., or Saturday, 9 a.m. - 1 p.m.

- ✓ **Enroll any time of year**
- ✓ **Premiums are based on family size and income**

Need Help?

We can help answer your questions about your coverage options.

Call **1-800-650-4359 (TTY 711)** to talk to our experts.



Need Transportation?

Learn about state and community options for transportation to and from non-emergency medical appointments.

Visit [NYconnects.ny.gov](https://www.nyconnects.ny.gov) or **211.org**

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Everybody Benefits

Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

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