



Partners in Healthy Habits for Life

Tips to make your family happy and healthy every day.

From your Friends at Sesame Street!

Living a healthy lifestyle doesn't have to be a chore – it can be fun! These tips are fun and can easily fit into your family's daily life.

Get your move on!

Make daily routines fun. Hop to the car or bus, skip to the store, or dance while cleaning the house!

Eat of the rainbow!

Ask your child to eat five or more fruits and vegetables each day. Count how many colors they eat!

Make it an adventure!

Take your child grocery shopping and let them help make and serve a healthy meal. Then talk about everything they learned and the colors they ate!



Get more healthy tips at www.xxxxxxxxxxxxxxxxxxxx.com



Your Unison Health Plan Coverage facts! As a Unison Health Plan member, you and your family can enjoy these great benefits:

- Unlimited doctor visits with no co-pays.
- No co-pays for generic drugs.
- Adult Dental: Free checkups and cleanings every six months.
- Adult Vision: Free contacts fitting each year and up to \$125 toward soft contacts or glasses.
- Gift rewards for better health!



To learn more, call SC Healthy Connections Choices at 1-877-552-4642 or visit www.SCchoices.com

Si desea recibir una copia de esta información en español, por favor llame al 1-800-414-9025.



Complete health care coverage for the whole family.

