



CareSource[®]

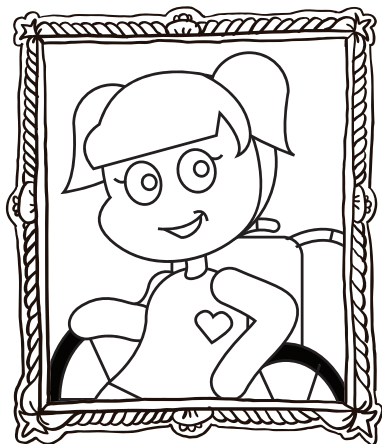
Kidz Activity Book



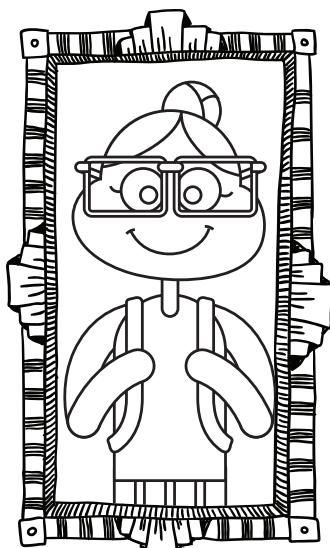
INCLUDING:
**CROSSWORD,
WORD SEARCH,
CONNECT THE
DOTS, MAZE
AND MORE!**

Meet your new friends, the CareSource Kidz!

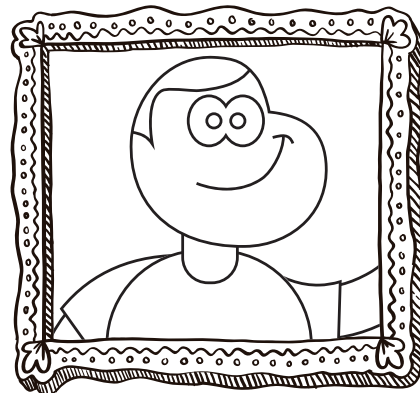
Join Camilla, Christopher,
Charlotte, Charlie and
Chloe as they learn to
stay healthy and active!



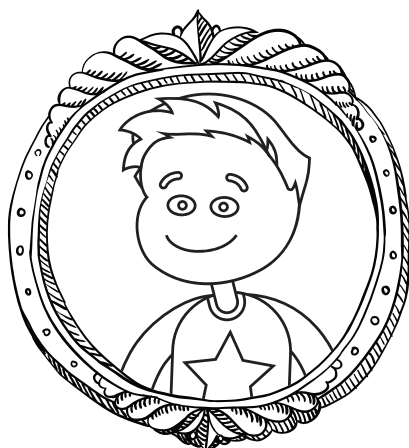
CHARLOTTE



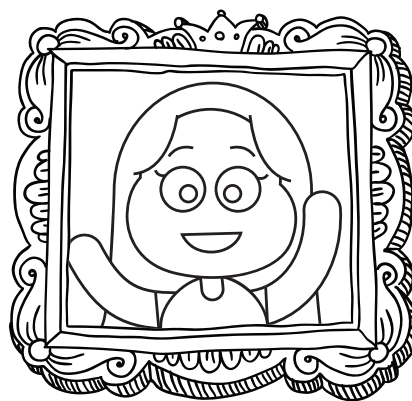
CAMILLA



CHARLIE

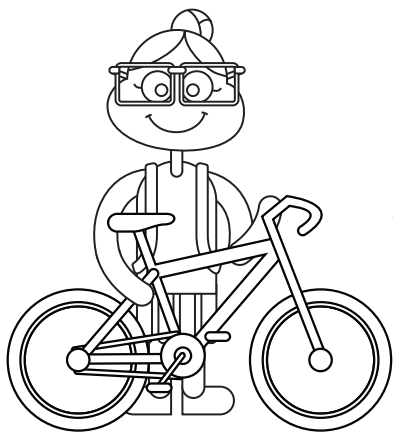


CHRISTOPHER



CHLOE

This Book Belongs To:

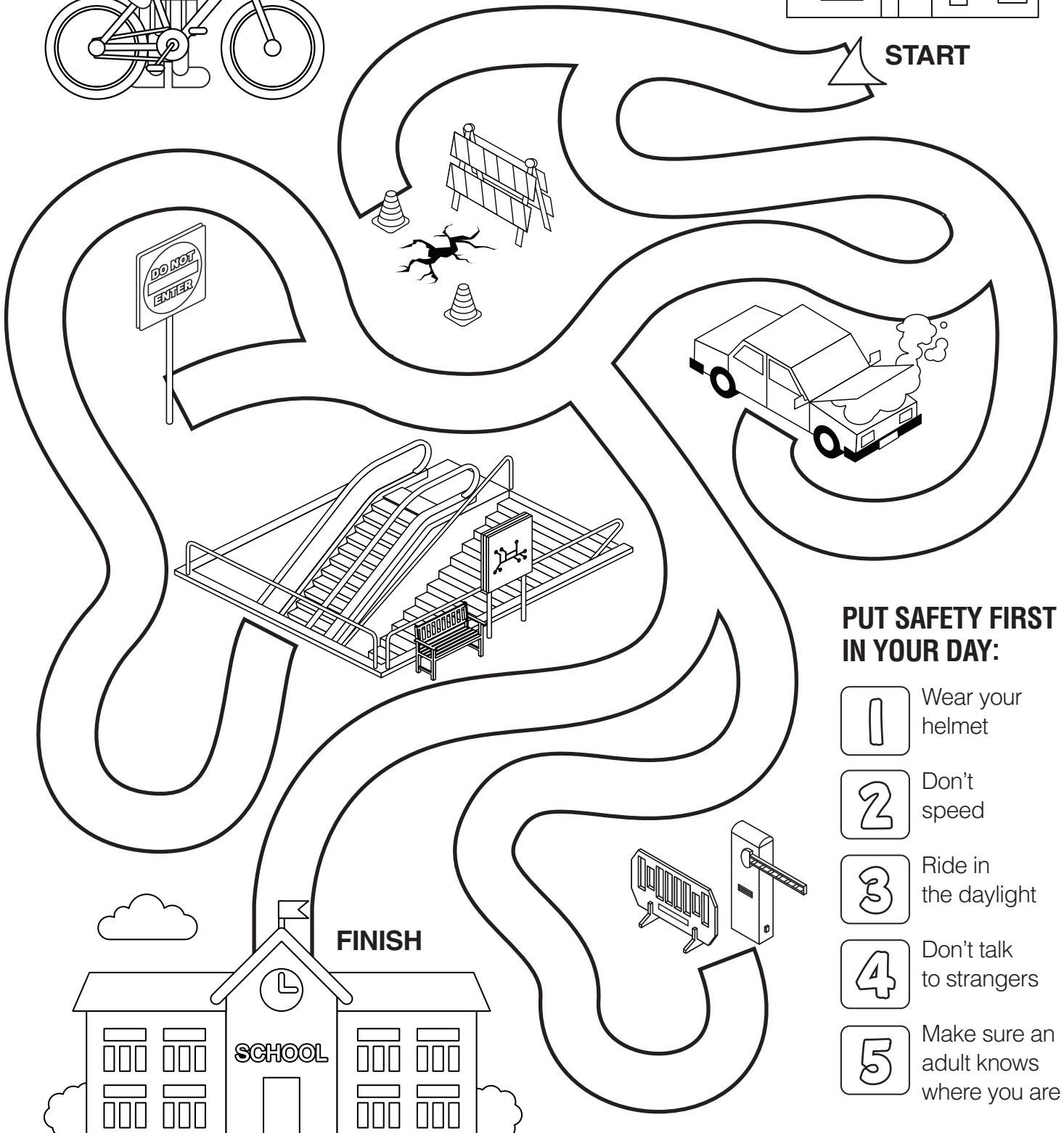


Safety First Maze

Help Camilla ride her bike safely from her house to school.



START



PUT SAFETY FIRST IN YOUR DAY:

- 1 Wear your helmet
- 2 Don't speed
- 3 Ride in the daylight
- 4 Don't talk to strangers
- 5 Make sure an adult knows where you are

This Activity Book was created by CareSource just for you! But if you get stuck on a puzzle, ask an adult or family member for help, or visit us at **CareSource.com/caresourcekidz** for the answer key.

Spot the Difference

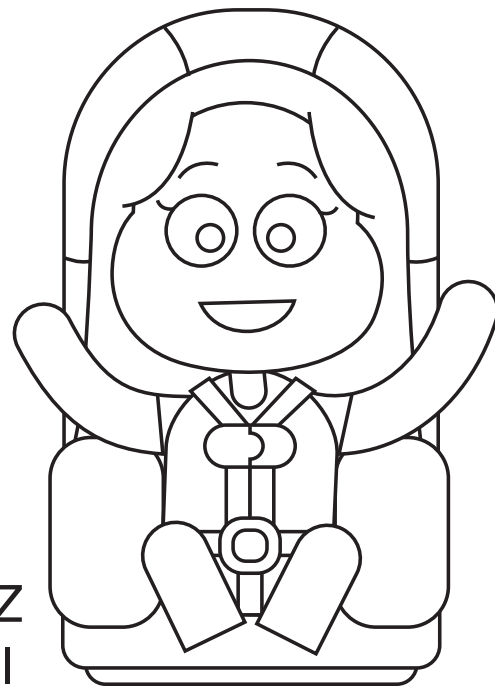
Charlotte, Christopher and Chloe head over to the park to play! But something is strange about this scene... Can you find the **5 differences** between the two pictures?



Chloe's Checkup

Word Search

Chloe is going to the doctor's office for a checkup. In the car, she practices naming her body parts with her mommy. Help Chloe by finding some simple body parts in the word jumble below.



M L V Z E A R S H X T S O F Z
Y O A A V I N Q C E E O H E I
E S U A V A S B D E A A E E X
Z A X T E S C K N V H D Y T X
K M N X H J A K H C L D E A V
Q N I A F P W K B O C H S C N
E L B O W X B L H V I K Z R P
H L E Q W Y H M S E E K G O T
U A S B P J K H E C A U U Z T
R S T F G G S A B Z U R C V C
M J P M K M N N S R Y U T L F
J Q X E X X S D J S M B C O L
N O S E Z Q O S W R Q J D D U
P W B U N N I T O A Z L T T D
I J E I M X C H S G B M H H W

FIND THESE THINGS THE DOCTOR MIGHT CHECK AT CHLOE'S VISIT:

EARS

HANDS

KNEES

ELBOW

HEAD

MOUTH

EYES

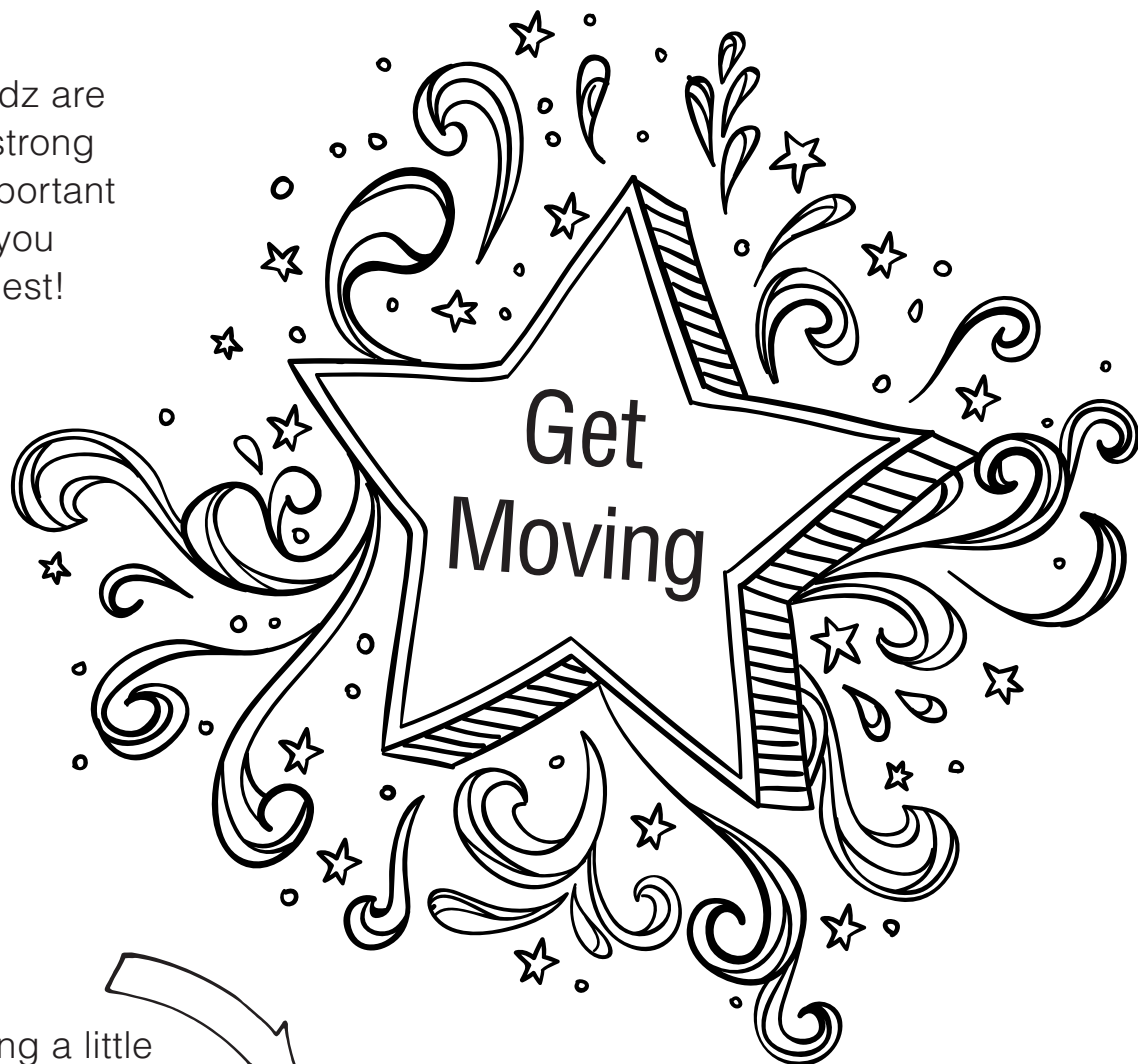
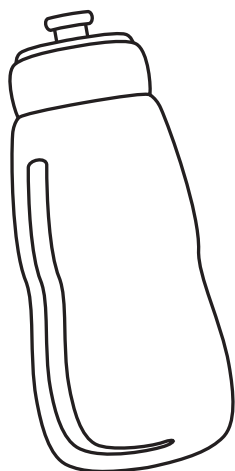
HEART

NOSE

FEET



The CareSource Kidz are exercising to stay strong and flexible. It's important to feel your best if you want to play your best!



WALL PUSH-UPS

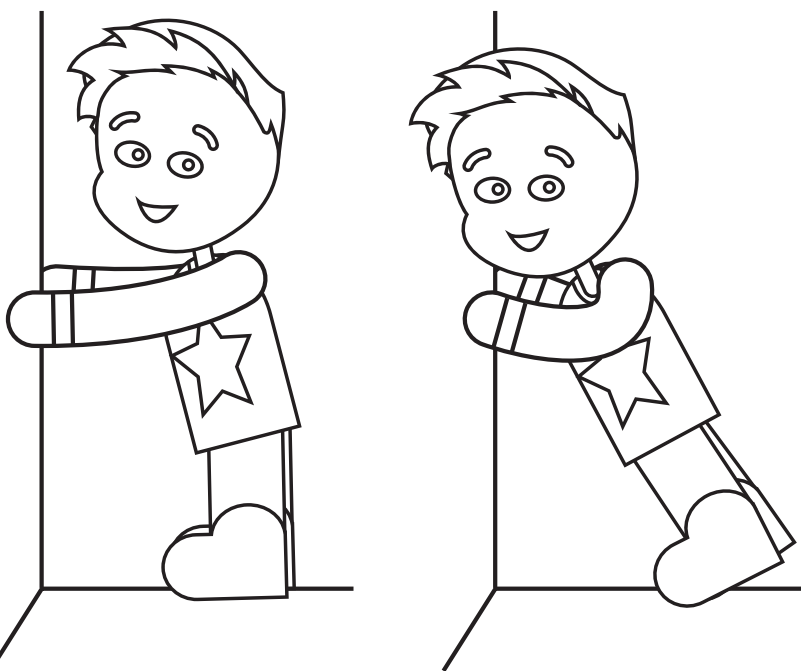
Face a wall, standing a little farther than arm's length away, feet shoulder-width apart.

Lean your body forward and put your palms flat against the wall at shoulder height and shoulder-width apart.

Start with wall push-ups to get used to the motion, then try push-ups on the floor.

Lie on the floor face down with your hands under your shoulders and your fingers pointing forward. Push off the floor until your arms are straight.

You can also do your push-ups by placing your knees on the floor with your feet in the air.



PLAN SOME EXERCISE EVERY DAY!

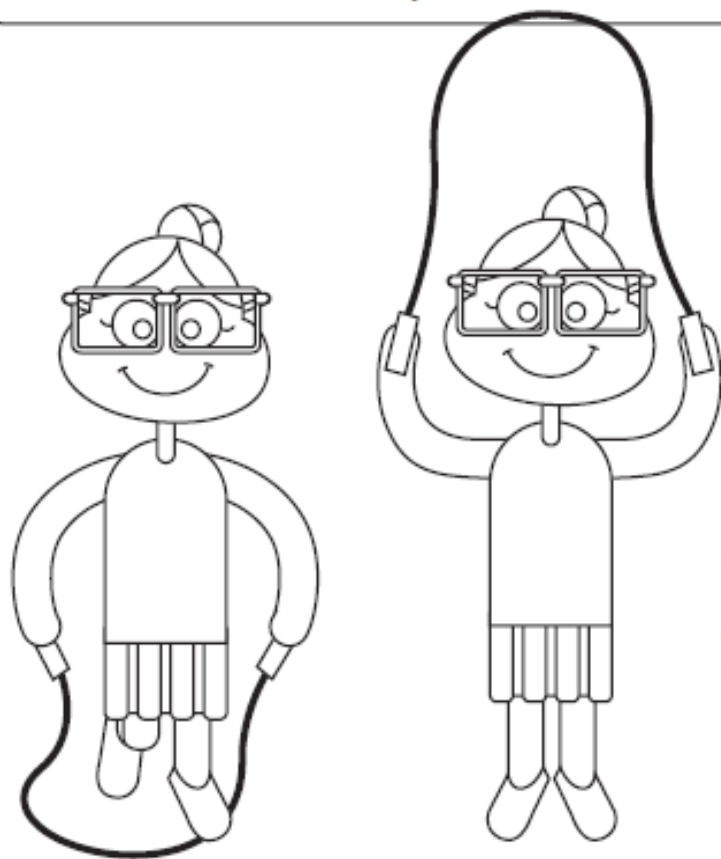
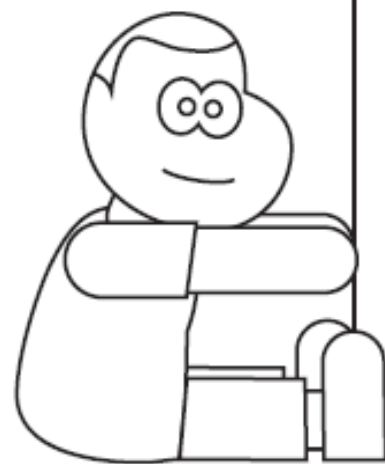
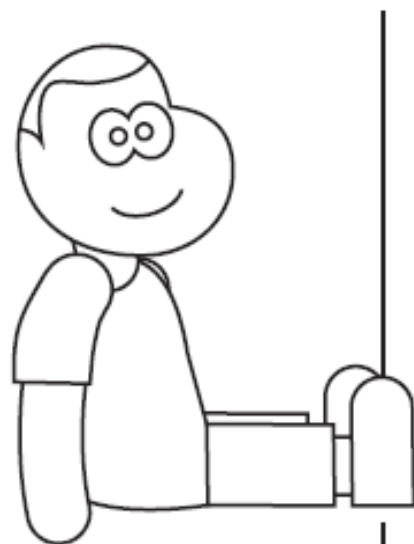
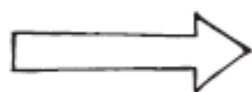
SIT AND REACH

Sit on the floor with your legs straight and your feet against a wall. Reach forward toward the wall, keeping your legs flat on the floor. Have someone measure how far you can reach.

Try not to bend your knees when reaching out.

Try some single-leg stretches to improve your reach.

Stretch before and after any exercise.



JUMPING ROPE

Jumping rope is great for strengthening your bones. And it's a fun way to work out by yourself or with friends!

OTHER THINGS TO KNOW:

1

Children do not usually need formal muscle-strengthening programs, such as lifting weights.

2

Children and adolescents should do 60 minutes (1 hour) or more of physical activity each day.

3

Regular physical activity helps build and maintain strong, healthy muscles, bones and joints.

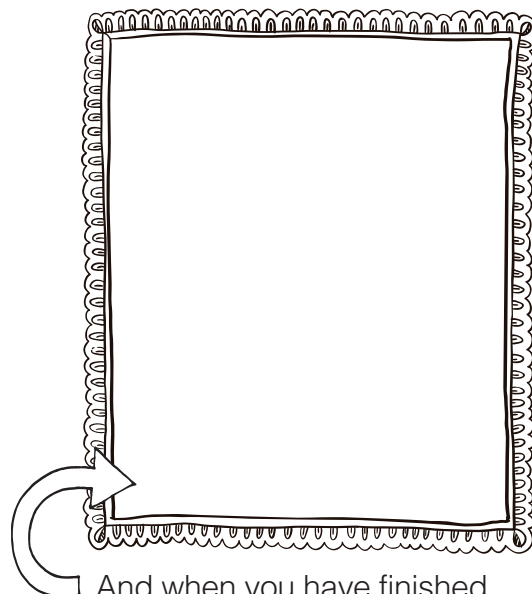
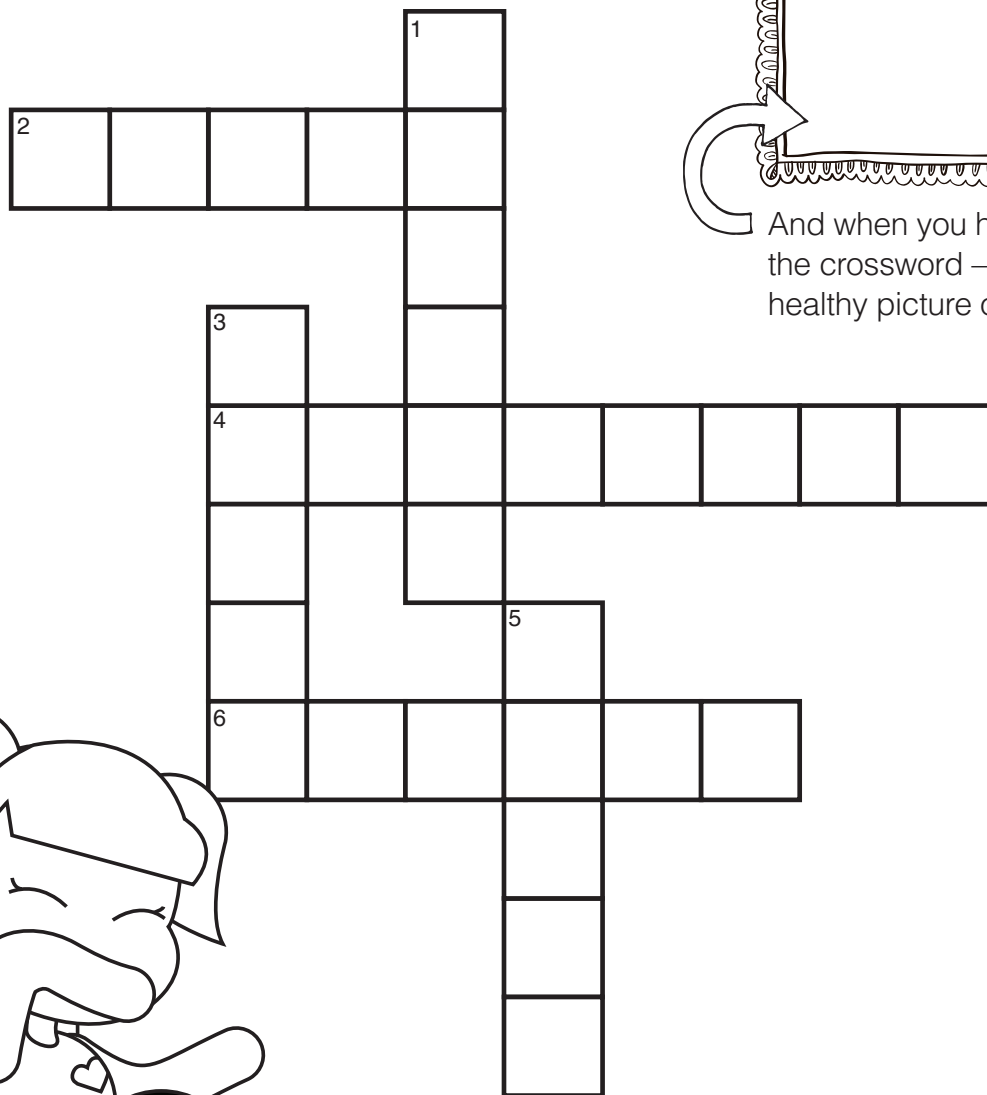
4

Reduce time on electronics, such as TV and computer.

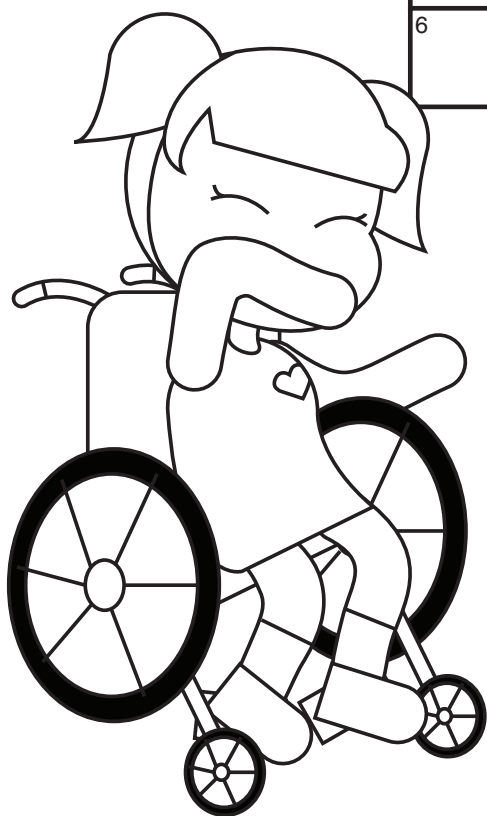


Healthy Kidz Crossword Challenge

Stay healthy and strong by filling in these everyday tips.



And when you have finished the crossword – draw a happy, healthy picture of yourself here!



ACROSS:

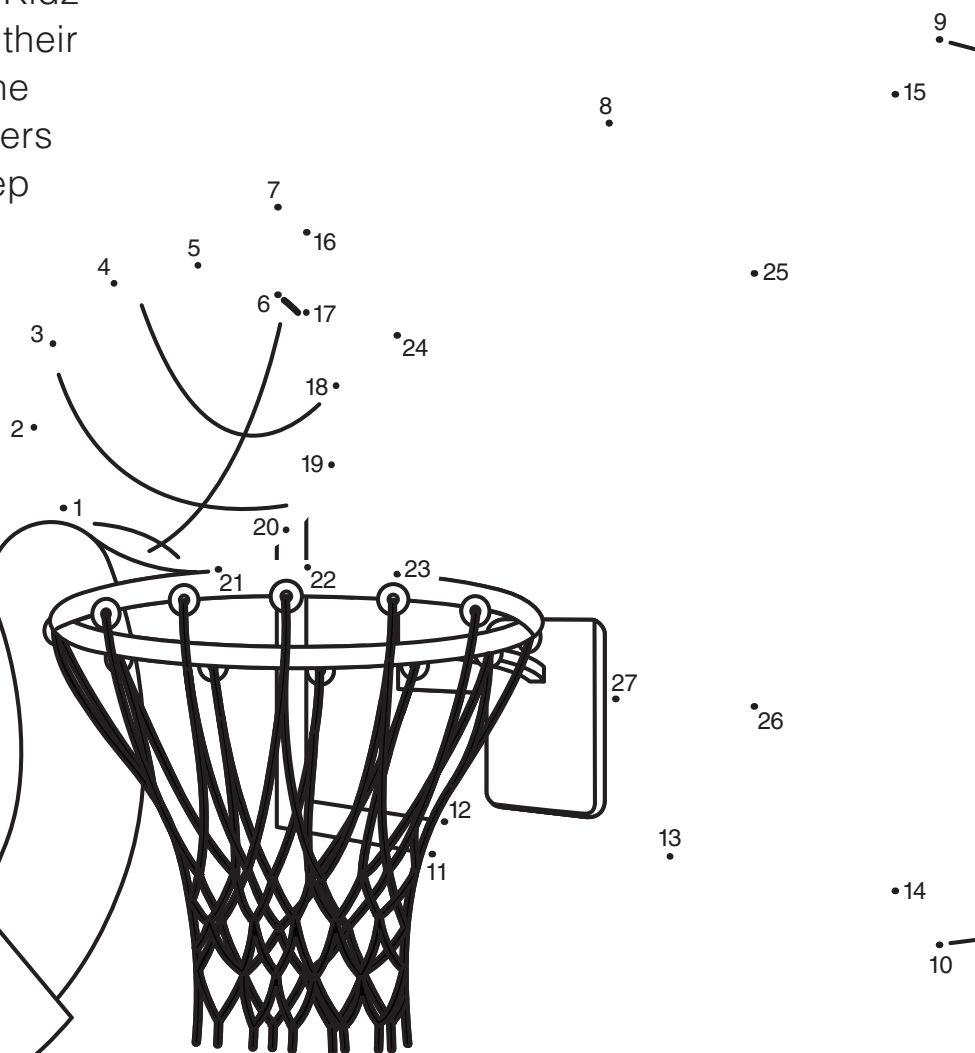
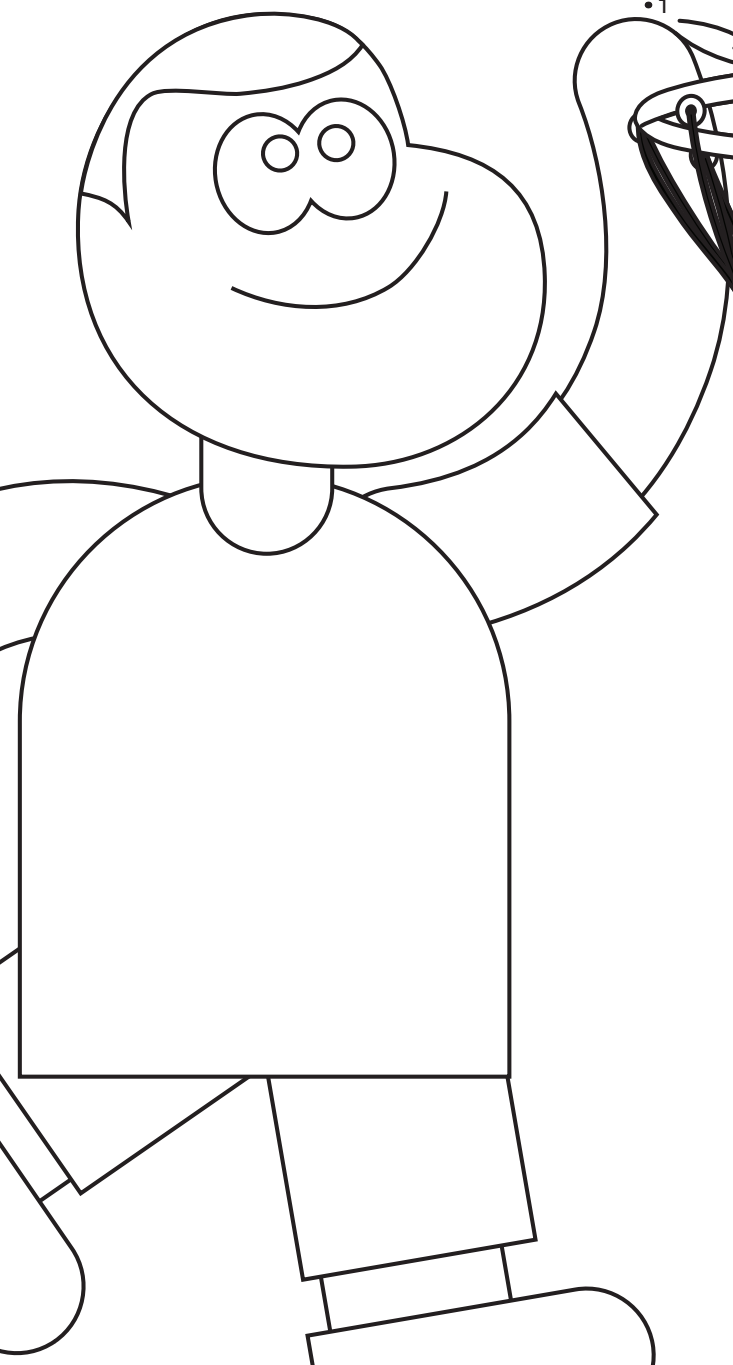
2. Stay hydrated by drinking plenty of _____.
4. Get at least 60 minutes of physical _____ each day. (HINT: Look on the next page if you need help.)
6. Cover your nose and mouth when you _____.

DOWN:

1. Eat _____ and vegetables every day.
3. Wash your _____ after using the bathroom.
5. Always brush your _____ 2 times a day.

Connect the Dots

Sports get the CareSource Kidz to stay active and practice their teamwork skills! Connect the dots by following the numbers in order, so Charlie can keep playing his game.



A FEW ACTIVITY TIPS:

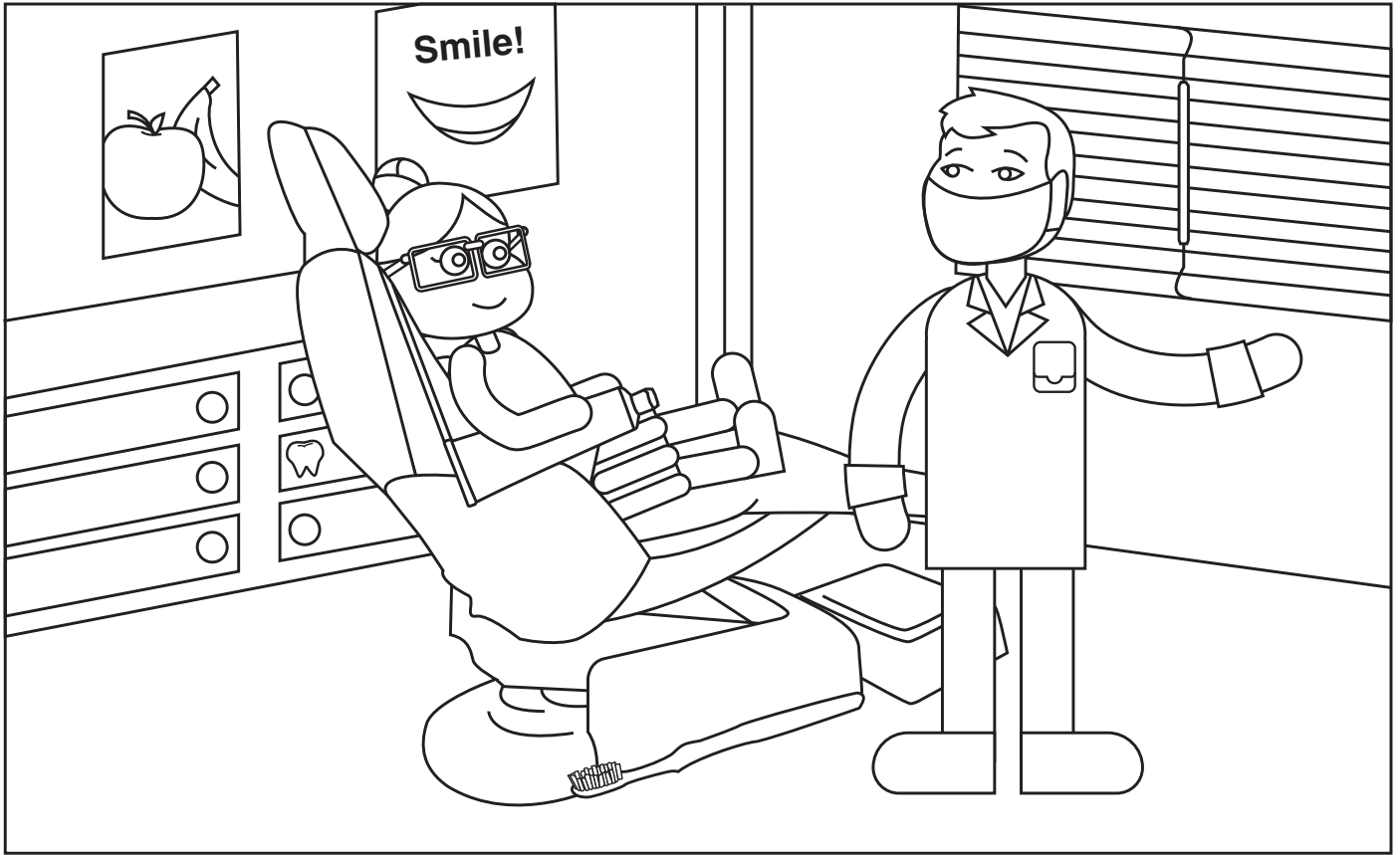


Visit a doctor before your child does strength training.



Kids should get at least 60 minutes of activity a day.

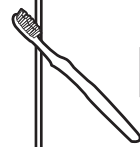
Hidden Objects at the Dentist's Office



Camilla likes going to the dentist. She knows that regular checkups mean healthy teeth and gums. But today, there are a few surprises hidden around the exam room...

Can you find the **5 hidden objects** in the picture above that will help Camilla keep her teeth clean and healthy?

HIDDEN OBJECTS CHECKLIST:



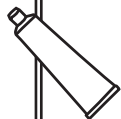
☐ TOOTHBRUSH



☐ TOOTH



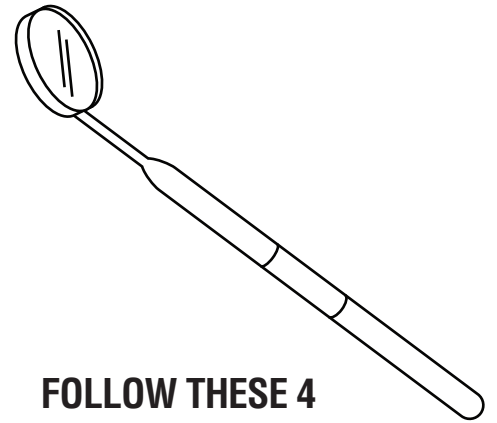
☐ DENTAL FLOSS



☐ TOOTHPASTE



☐ DENTAL PICK



FOLLOW THESE 4 DENTAL HEALTH RULES:



Brush teeth 2 times every day.



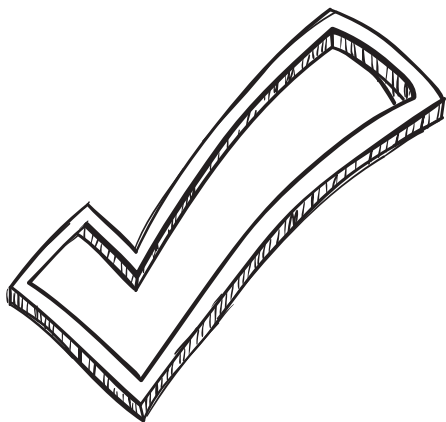
Clean between teeth with floss.



Visit your dentist two times a year.



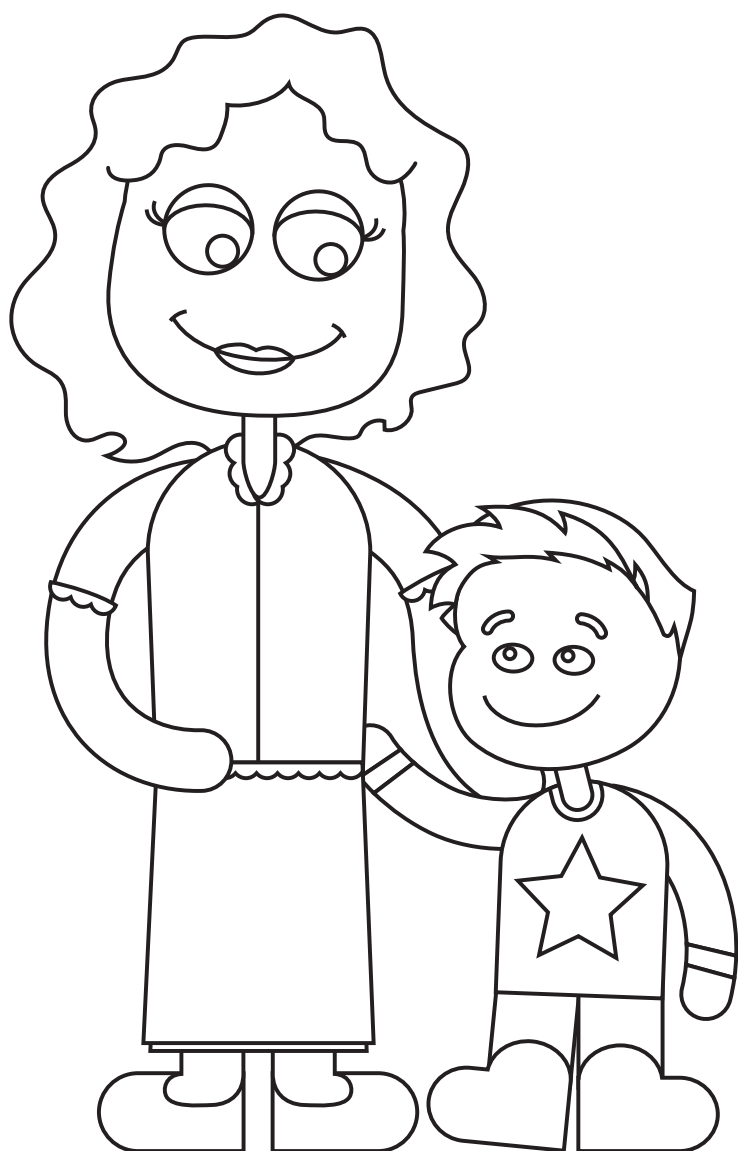
Limit sugary drinks and snacks – eat fruits and vegetables.



Remember to get your Healthchek screenings

Sometimes even adults forget and need to ask... so here is an easy tool to remind parents of the Healthchek screenings that children need.

Getting a Healthchek screening at the right time is the best way to make sure your child is as healthy as can be!



When and how often do I need to visit the doctor?

Getting a Healthchek screening at the right time is the best way to make sure your child continues to be healthy.

Babies need checkups at:

3-5 days
1 month
2 months
4 months
6 months
9 months
12 months

Toddlers need checkups at:

15 months
18 months
24 months
30 months

Young children need checkups at:

3 years
4 years
5 years
6 years

Older children, teens and young adults under 21 years of age need a checkup every year.



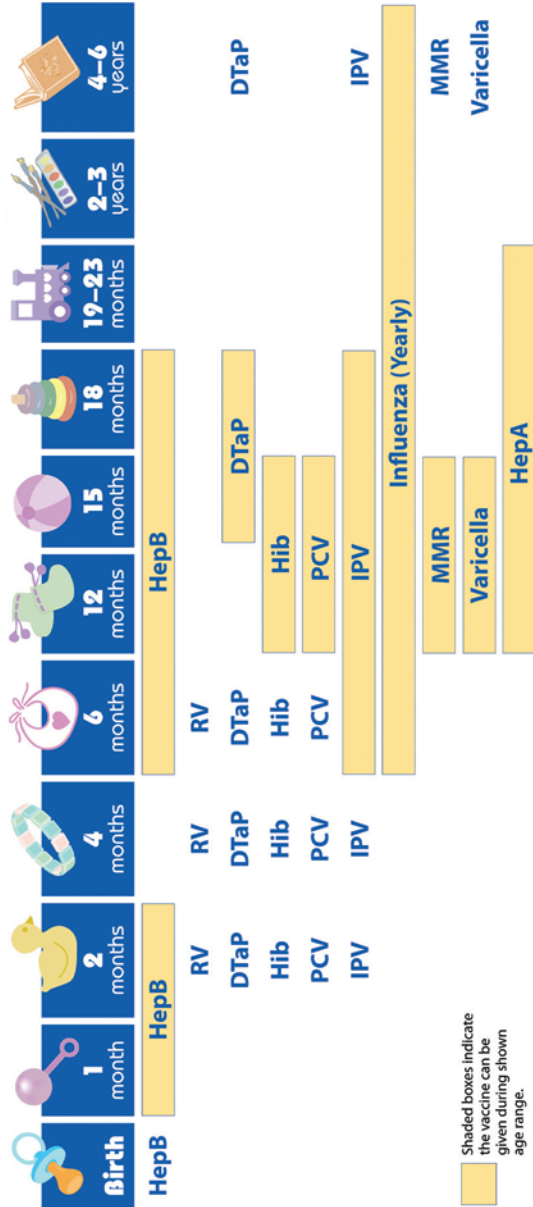
MEMBER SERVICES
1-844-607-2829

 **CareSource**

CareSource is an Ohio-based nonprofit health insurance company with over 25 years experience.

We serve over 1.5 million members, and we are dedicated to educating and meeting their health care needs. Our Hoosier Healthwise members receive ALL medically necessary Medicaid-covered services and some extra benefits and services too!

2017 Recommended Immunizations for Children from Birth through 6 Years Old



Shaded boxes indicate the vaccine can be given during shown age range.

For more information, call toll free 1-800-CDC-INFO (1-800-232-4636) or visit <http://www.cdc.gov/vaccines>



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

AMERICAN ACADEMY OF FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

AMERICAN ACADEMY OF PEDIATRICS
DEDICATED TO THE HEALTH OF ALL CHILDREN™

For more information about CareSource, please call our Member Services Department **1-844-607-2829** (TTY: 1-800-743-3333 or 711).

Visit **CareSource.com** for advice on staying healthy and living well.

CareSource24®, our 24/7/365 nurse advice line, is there for members 24 hours a day! A registered nurse can help you manage symptoms when you or your child is sick. They can also help you decide if you need to go to the doctor or emergency room. **The phone number is located on your ID card.**



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