Are you worried about your child’s weight?

Try MyHealth.
* Eat, Live, Be Well*

MyHealth is a program for children and families concerned about their child’s weight.

**One-on-One Sessions**
- You and your child will meet with your doctor and dietitian once a month to discuss healthy food choices and ways to stay active.
- Learn about healthy choices, and make a plan just for your child.

**Lifestyle Changes**
- You will set and work on goals for eating better and staying active that work with your family and your schedule.

**Involve Your Family**
- Your child’s success is directly related to your support.
- Your family’s community and culture will be important to your plan.

**Get Started Now!**
Ask your child’s doctor’s office about getting started in the MyHealth Program. MyHealth is covered by most health insurance plans. No referral needed.

NationwideChildrens.org

*NATIONWIDE CHILDREN’S*
*When your child needs a hospital, everything matters.*