



# 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](http://NationwideChildrens.org)



**NATIONWIDE CHILDREN'S**

*When your child needs a hospital, everything matters.<sup>SM</sup>*