

## Find Us

MyHealth is offered at these locations:

### **American Health Network Pediatrics**

4074 Gantz Road  
Grove City, OH 43123  
(614) 871-8500

### **Building Blocks Pediatrics**

6503 E. Broad St.  
Columbus, OH 43213  
(614) 434-5437

### **Child Care Consultants**

111 Inah Ave.  
Columbus, OH 43228  
(614) 878-6415

### **Eastland Primary Care Center**

4434 Crossroads Center  
Columbus, OH 43232  
(614) 355-9600

### **Hilltop Primary Care Center**

2857 W. Broad St.  
Columbus, OH 43204  
(614) 355-9900

### **Linden Primary Care Center**

1390 Cleveland Ave.  
(Second Floor)  
Columbus, OH 43211  
(614) 355-9300

### **Livingston Ambulatory Center**

380 Butterfly Dr.  
Columbus, OH 43215  
(614) 722-4824

### **Mid-Ohio Pediatrics**

595 Copeland Mill Road  
Westerville, OH 43081  
(614) 899-0000

### **Near East Primary Care Center**

1125 E. Main Street  
Columbus, OH 43205  
(614) 355-9200

### **Northland Primary Care Center**

4560 Morse Centre Road  
Columbus, OH 43229  
(614) 355-9400

### **Ohio Center for Pediatrics**

5040 Brandenton Ave.  
Dublin, OH 43017  
(614) 766-3344

### **Olentangy Primary Care Center**

1275 Olentangy River Road  
Columbus, OH 43212  
(614) 355-9500

### **Pediatric & Adolescent Practitioners**

1085 Beecher Crossing N.  
Gahanna, OH 43230  
(614) 741-8300

### **Professional Pediatrics**

5510 Nike Dr.  
Hilliard, OH 43026  
(614) 529 4260

### **Sharon Woods Primary Care Center**

1777 E. Dublin-Granville Rd.  
Columbus, OH 43229  
(614) 355-7400

### **South High Primary Care Center**

1405 S. High St.  
Columbus, OH 43207  
(614) 355-9000

### **Step By Step**

540 N. Cleveland Ave.  
Westerville, OH 43082  
(614) 891-9505

### **Westside Primary Care Center**

441 Industrial Mile Road  
Columbus, OH 43228  
(614) 355-9700

### **Whitehall Primary Care Center**

561 South Yearling Road  
Whitehall, OH 43213  
(614) 355-9800

Center for Healthy Weight and Nutrition



## Are You Worried About Your Child's Weight?

## Try MyHealth.

## *Eat, Live, Be Well*

For more information, call Megan Gorby, obesity  
prevention coordinator, at (614) 722-4807 or email  
[Megan.Gorby@NationwideChildrens.org](mailto:Megan.Gorby@NationwideChildrens.org).

Nationwide Children's Hospital  
700 Children's Drive | Columbus, OH 43205  
[NationwideChildrens.org](http://NationwideChildrens.org)



## What is MyHealth?

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

The Center for Healthy Weight and Nutrition at Nationwide Children's Hospital and your pediatrician's office work with you to make healthy changes and find the right balance of eating and activity to help you be healthy.



## A Family Mission

Involving your whole family is important to your child's success. We will help you lead your family toward a long-lasting, healthy lifestyle.

**“We made changes that worked for our family. With each new goal, we were taking steps to a healthier lifestyle.”**



## Our program includes:

- **One-on-one sessions**
  - You and your child will meet with your doctor or dietitian once a month to discuss healthy food choices and activities.
  - Learn about healthy eating 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.
  - Your family's community and culture will be important to your plan.
- **Family Support**
  - Involve the whole family. Your child's success depends on your support.
  - Providing healthy food choices and being active help the whole family succeed.



## Get Started Now!

- **Eat Well**
  - Ask for fun recipes that you and your child can make together.
  - Make family meals a top priority. Kids who eat with their family make better health choices and do better in school.
- **Live Well**
  - There is always something to do in central Ohio to stay active as a family! We can connect you with fun activities that will help keep you moving.
  - Time for 10! is a free fitness program for children ages 5 and up. Visit [NationwideChildrens.org/Time-for-10](http://NationwideChildrens.org/Time-for-10).
- **Be Well**
  - Talk to your child's doctor about getting started in MyHealth today! Or call your child's doctor's office to schedule an initial MyHealth appointment.
  - Offices offering MyHealth are listed on the back of this brochure.