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

Nationwide Children's Hospital 700 Children's Drive | Columbus, OH 43205 NationwideChildrens.org





Are You Worried About Your Child's Weight? Try MyHealth.

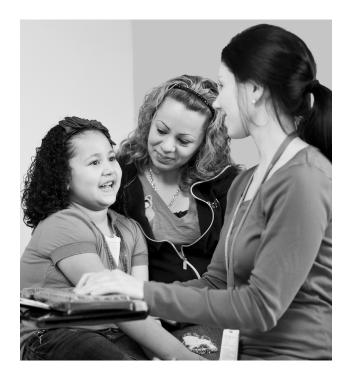
Eat, Live, Be Well



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.

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.