

Help your child make **HEALTHY CHOICES**

More than 15% of Ohio's youth ages 10 to 17 are overweight.

Extra pounds at a young age can add up down the road, leading to serious health challenges in adulthood like diabetes, high blood pressure and high cholesterol. As your guide to better health, Buckeye Health Plan helps you identify obesity and understand ways to prevent it to keep your child healthy.



What is obesity?

Obesity is determined when a child's body mass index (BMI) is at or above the 95th percentile for children of the same age and sex. Use the Center for Disease Control and Prevention to calculate your child's BMI at [cdc.gov/healthyweight/bmi/calculator.html](https://www.cdc.gov/healthyweight/bmi/calculator.html)



Childhood obesity is preventable and reversible

Help combat obesity by encouraging them to:

- **Eat a healthy diet.** Maintain a balanced diet with a variety of vegetables and fruits, whole grains, lean protein, and low-fat and fat-free dairy. Try to reduce or limit foods and drinks with added sugar, fat or sodium.
- **Exercise often.** Encourage your child to get at least 60 minutes of moderate to intense physical activity every day.

Buckeye supports your child's health with:

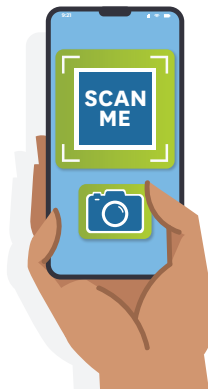
- Access to quality medical care at no cost to you. Need help finding a doctor? Use Buckeye's "Find a Provider" tool on **BuckeyeHealthPlan.com** or call 1-866-246-4358.
- No-cost transportation to and from doctor's appointments. Call **866-531-0615** at least 48 hours in advance to schedule.
- **\$75 in My Health Pays® rewards** for completing an annual well visit to monitor obesity metrics and risk factors for other health challenges. Rewards can be used on items at Walmart® and Sam's Club® or on rent, utilities and more.

Learn more at **BuckeyeHealthPlan.com** or call 1-866-246-4358

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**SCAN TO
LEARN MORE!**



Contact Us

We can help if you have questions about your health plan or benefits.

Call Member Services with questions related to your benefits, services and claims: 1-866-246-4358 (TTY:711)

Call our 24/7 nurse advice line for answers to your health questions: 1-866-246-4358 (TTY:711)

Get detailed information at BuckeyeHealthPlan.com



Get health tips and information on Twitter and Facebook

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