

SUMMER IS HERE!

IT JUST LOOKS A LITTLE DIFFERENT THIS YEAR

You may have been self-isolating for months now, and no longer have schoolwork to keep your kids busy. Here are a few ideas to get them active and engaged at home this summer:

- Check out your local museums, theaters and other educational organizations for online classes you can take from home.
- Get outside to go for hikes and nature walks. Nature preserves are a great place to spot interesting plants and wildlife.
- Try a new backyard activity, like badminton, croquet, building a birdhouse or creating a fairy garden. Google and Pinterest are great resources for ideas.
- Send your kid to virtual summer camp! Places holding virtual camps include Boy Scouts of America, Code Ninjas, Varsity Tutors, Camp Wonderopolis, PBS Kids, The Center for Contemporary Art, Super Soccer Stars, DIY.org and many more.





IT'S TIME TO CHECK IN ON YOUR KIDS' CHECK-UPS

The status of “back to school” in the fall is up in the air. But chances are, your kids might be due for their annual doctor’s visits.

WELL-CHILD VISITS: Beyond meeting school requirements, your child’s annual medical exam offers the opportunity to discuss their growth and development with their doctor. They’ll get age-appropriate health screenings and you’ll get important wellness information and education.

IMMUNIZATIONS: Keeping up on annual vaccines is an easy way to prevent certain illnesses and keep your kids healthy! If it’s available, you can even get their flu shot while you’re there. For more details on immunization recommendations, visit www.cdc.gov/vaccines.

IF YOU’RE ENROLLED IN ONE OF OUR MEDICAL PLANS, THE COST OF THESE VISITS IS 100% COVERED IN-NETWORK—SO SCHEDULE A CHECK-UP TODAY!