



home state health™

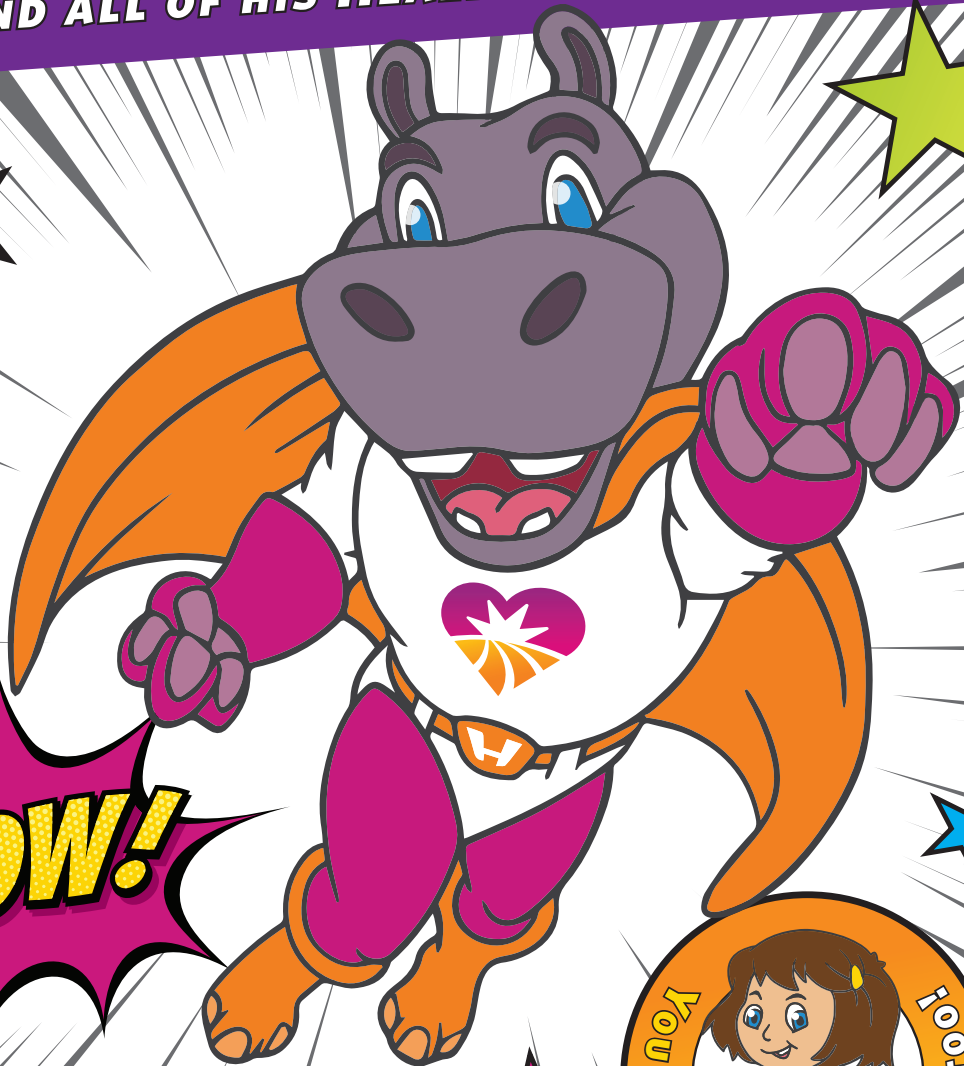
Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

presents...

BE A HEALTHY SUPER HERO WITH **HOMER THE HIPPO**

AND ALL OF HIS HEALTH HERO FRIENDS!



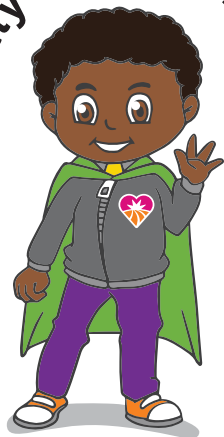
WOW!



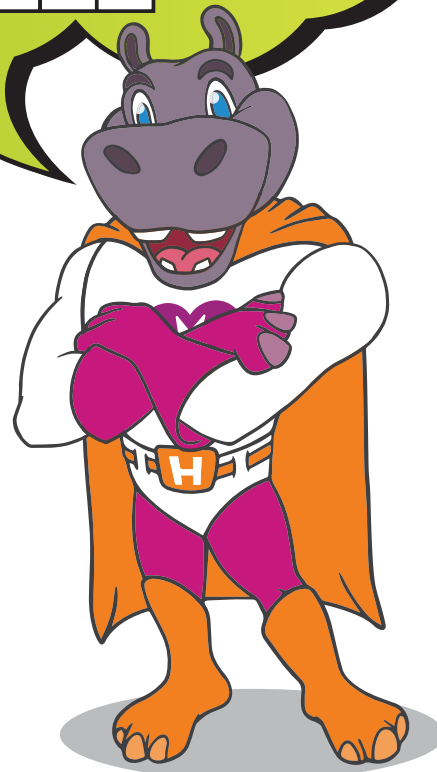
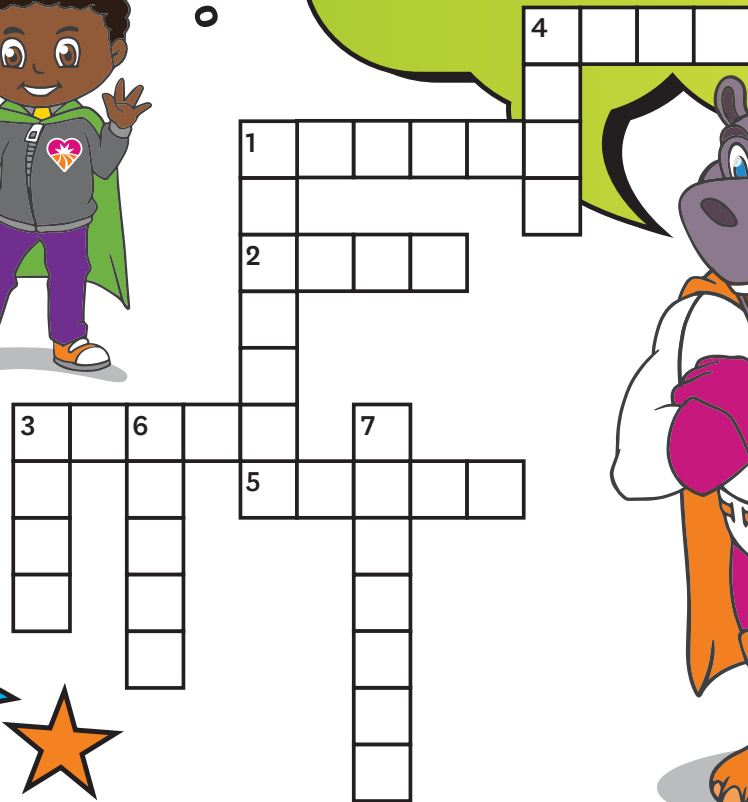
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HEALTH HERO CROSS WORD PUZZLE

Billy - Health Hero



Fill in the puzzle blanks with the correct answer. Use the words in the "Word Bank" section to help you. This puzzle will help you learn things about staying healthy!



Across:

- I go to my _____ when I am sick.
- My _____ lets me smell my favorite foods.
- Drinking milk every day is good for my _____.
- I wear glasses to help my _____ to see.
- Brushing my _____ helps keep my mouth healthy.

Down:

- A _____ is a doctor for my teeth.
- I should do things to keep my _____ healthy.
- Cleaning my _____ every day is important.
- The _____ works with the doctor to help me feel better.
- Home State Health helps me grow healthy, stay _____!

Word bank: teeth eyes dentist healthy body nose ears doctor bones nurse

FILL IN THE BLANKS

Staying healthy and active is important to keep our bodies in good shape! Use the words at the bottom to fill in the blanks to get some fun ideas and share with your friends and family!



Mica - Health Hero



- When I'm stuck inside on a rainy day, I could _____ to my favorite music.
- _____ my dog outside is a great way to exercise - for my dog too!
- Going roller _____ is fun to do with friends.
- Family _____ rides are good exercise and fun!
- When you sneeze or cough, cover your _____ and _____ with your elbow.
- On hot summer days _____ with friends and family is a great way to cool off.
- When it's winter, _____ a snowman and decorating him keeps me warm.
- It is important for me to drink lots of _____ everyday!
- When my friends and I are looking for something to do, we could play a game of _____.
- Make sure to _____ your hands and shower regularly.

Use these words:

- | | | | | |
|-----------------------------------|-----------------------------------|--------------------------------------|--------------------------------|----------------------------------|
| <input type="checkbox"/> swimming | <input type="checkbox"/> water | <input type="checkbox"/> baseball | <input type="checkbox"/> bike | <input type="checkbox"/> walking |
| <input type="checkbox"/> skating | <input type="checkbox"/> building | <input type="checkbox"/> nose, mouth | <input type="checkbox"/> dance | <input type="checkbox"/> wash |

FOLLOW A HEALTHY JOURNEY!

It's important to make healthy choices throughout the day. At each point, choose the right answer(s) to stay focused on good health! When you finish, check your answers using the answer key below.



START



SLEEP

How many hours of sleep do you need so you can get good grades?

- a. 4 to 6 hours
- b. 2 to 3 hours
- c. 9 to 12 hours
- d. 5 to 7 hours



WAKE UP

After you wake up, which of these activities can help get the right start to your day?

- a. Wash your hands
- b. Watch TV
- c. Brush your teeth
- d. Check your email



BREAKFAST

You are ready for breakfast. What should you eat?

- a. Glass of low-fat milk
- b. Slice of whole wheat toast
- c. Candy bar
- d. Sweetened cereal



EXERCISE

For strong muscles and bones, how much physical activity should you get daily?

- a. 10 minutes
- b. 30 minutes
- c. 20 minutes
- d. 60 minutes or 1 hour



SNACKS

What after-school snacks are healthy?

- a. Cookies
- b. An apple
- c. Popcorn with light salt
- d. Ice cream



DINNER

What are healthy dinner options for you and your family?

- a. Grilled chicken
- b. Fried chicken
- c. Pizza
- d. baked fish



BEDTIME

What should you do before you go to bed?

- a. Wash your face
- b. Call your best friend
- c. Eat more salsa
- d. Turn off your computer

FINISH!

Simon and Susie - Health Heroes



Answer Key - SLEEP: C; WAKE UP: A,C; BREAKFAST: A, B; EXERCISE: D; SNACKS: B, C; DINNER: A, D; BEDTIME: A, B, D

COLOR IN HOMER THE HIPPO



HEALTHY FOODS WORD FIND

Find and circle the words that are hidden in the puzzle below. When you circle a word, think about the foods you eat every day. And think about how you can eat healthy foods!

A	F	B	R	E	V	B	N	M	A	F	U	L
P	U	S	N	P	E	S	T	V	S	E	S	L
E	C	I	R	A	G	G	B	R	E	A	D	S
S	R	R	N	S	E	R	S	R	E	R	M	E
E	L	S	A	T	T	L	N	P	I	A	I	E
E	E	I	M	A	A	I	O	U	L	F	L	S
V	C	E	O	E	B	U	U	R	T	S	K	E
G	A	H	R	L	L	G	T	R	E	S	R	S
H	T	E	E	T	E	M	R	U	F	Y	T	S
S	C	T	R	E	S	T	U	H	I	A	M	S
I	E	Y	T	E	S	E	G	I	F	E	U	E
F	T	E	G	G	S	E	O	E	A	T	F	S
S	T	E	E	W	S	A	Y	T	L	F	I	R

Find these words:

- | | | | |
|-------------------------------------|---------------------------------|----------------------------------|---------------------------------|
| <input type="checkbox"/> BREADS | <input type="checkbox"/> CEREAL | <input type="checkbox"/> RICE | <input type="checkbox"/> PASTA |
| <input type="checkbox"/> VEGETABLES | <input type="checkbox"/> FRUITS | <input type="checkbox"/> MILK | <input type="checkbox"/> YOGURT |
| <input type="checkbox"/> CHEESE | <input type="checkbox"/> MEAT | <input type="checkbox"/> POULTRY | <input type="checkbox"/> FISH |
| <input type="checkbox"/> BEANS | <input type="checkbox"/> EGGS | <input type="checkbox"/> NUTS | <input type="checkbox"/> FATS |
| <input type="checkbox"/> OILS | <input type="checkbox"/> SWEETS | | |



Tommy - Health Hero



To our Home State Health and Show Me Healthy Kids members, below is a reminder of some of the benefits available to you.

Nurse Advice Line

A 24-hour nurse hotline to answer health-related questions.

Telehealth

24/7 access to virtual visits with U.S. licensed doctors.

My Health Pays

Our nationally acclaimed program for promoting healthy living and earning rewards. You earn rewards by completing healthy behaviors that will be loaded onto a card that can be used to purchase some of the items you need.

Mobile App

Download the Home State Health mobile app to view your member information and find cool community resources. You can also view the amount of dollars available on your My Health Pays card.

QUESTIONS
ABOUT ANY
OF YOUR
BENEFITS?

Please call Member
Services for more
information.

Home State Health: 1-855-694-4663

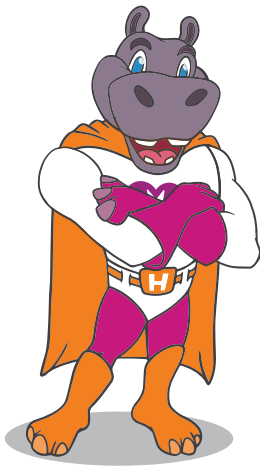
Show Me Healthy Kids:

1-877-236-1020 | TTY: 711

Monday through Friday, 8am to 5pm

homestatehealth.com





home state health™

Show Me Healthy Kids

MANAGED BY HOME STATE HEALTH

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