



Health & Wellness

A Guide to Health Promotion & Wellness Care

Regular Physical Exams are important even when children appear healthy because they are growing and changing so quickly. Well child exams are covered by most insurance plans.

Health care providers look for normal ranges or signs of health problems in these areas:

- Height and weight
- Blood pressure
- Vision and hearing
- Dental condition—eruption and decay
- Possible laboratory tests: blood and urine samples may be collected.

Developmental Milestones

Health care providers will have questions and need information from you about your student's growth in the following areas:

- Movement skills—coordination of large and small muscles
- Speech and language skills • Social skills—how one gets along with others
- Emotional development—how one feels and behaves • Self-care abilities—how appropriate independence is developing.

Immunizations

Protect against some infectious diseases. Pennsylvania State law requires documentation of immunization status for school attendance.

Please check with a health care provider, school nurse, or the school registrar about the required immunizations for a student's grade level. For more information, click on The Pennsylvania State Department of Health site:

<http://www.health.pa.gov/immunizations>

Health and Safety Tips

1. Exercise and Nutrition:

- Healthy foods and regular exercise helps your student: grow, control their weight, feel better about themselves, and avoid health problems.
- Exercise which raises the heart rate and breathing is most beneficial. The minimum recommendation is 20 minutes, three times per week.

- Snacks—add more fruits and vegetables. Avoid high sugar content and processed foods with low nutritional value such as soda, candy and chips.

2. Safety

- Accidents are the leading cause of childhood death.
- Keep your student safe by:
 - Avoiding tobacco use (modeling healthy habits). If you smoke:
 - Take it outside. The cancer causing residue for cigarette smoke remains in a room for up to 2 hours after smoking one cigarette.
 - Do not smoke in the car. This exposes others in the car to the harmful second hand smoke effects in a very small space. Even keeping the window open does not adequately protect those inside the car.
 - Locking up guns and using trigger locks
 - Using seat belts, car seats or booster seats that match the student's age or weight
 - Teaching bicycle safety by learning the rules of the road and promoting helmet use for ALL "wheeled" sports
 - Taking First Aid and CPR classes to know how to respond to breathing or choking emergencies
 - Safely storing medicines and household chemicals
 - Safely disposing of medications after their use.

3. How to pay for your student's medical care

- If you have insurance, check with your insurance plan about what it covers.
- The Allegheny County Health Department or the Ronald McDonald Van of Children's Hospital of Pittsburgh offer free or low cost services
- For free and low cost insurance: Children's Health Insurance Program (CHIP) at 800-986-KIDS (5437)
<https://www.medicaid.gov/chip/chip-prog...>

Having a "medical home"

Wellness care with a consistent health provider gives students a better chance of staying healthy.