








WEIGHT MANAGEMENT FOR KIDS AND TEENS

YOUR GUIDE TO BETTER HEALTH

HEALTHY EATING HABITS TODAY HELP SHAPE YOUR CHILD'S HEALTH FOR LIFE

Healthy eating helps kids grow, learn and thrive by:

-  Keeping skin, teeth and eyes healthy
-  Building strong muscles
-  Reaching and maintaining a healthy weight
-  Strengthening bones
-  Supporting brain development
-  Supporting healthy growth
-  Boosting immunity

HOW DOCTORS MEASURE A HEALTHY WEIGHT IN KIDS

A healthy weight is one that supports your child's natural growth and development. As children grow, doctors look at their age and height-to-weight ratio to determine if they're in a healthy range. This range differs for boys and girls.



SMALL LIFESTYLE CHANGES CAN MAKE A BIG IMPACT

Exercise

Kids should aim for 150 to 300 minutes of moderate activity every week, like playing outside, sports, or biking.

Create Positive Mealtime Routines

Set regular meal and snack times to encourage mindful eating and prevent grazing. Limiting distractions during meals can help children focus on their food.

No "Clean Plate Club"

Teaching a child to finish when they feel full helps them know when to stop eating.

Sleep

A lack of sleep or restless sleep increases levels of ghrelin, a hormone responsible for feeling hungry.

Manage Stress

Some people turn to food to comfort them when they're stressed. Keep mealtimes consistent.

Positivity

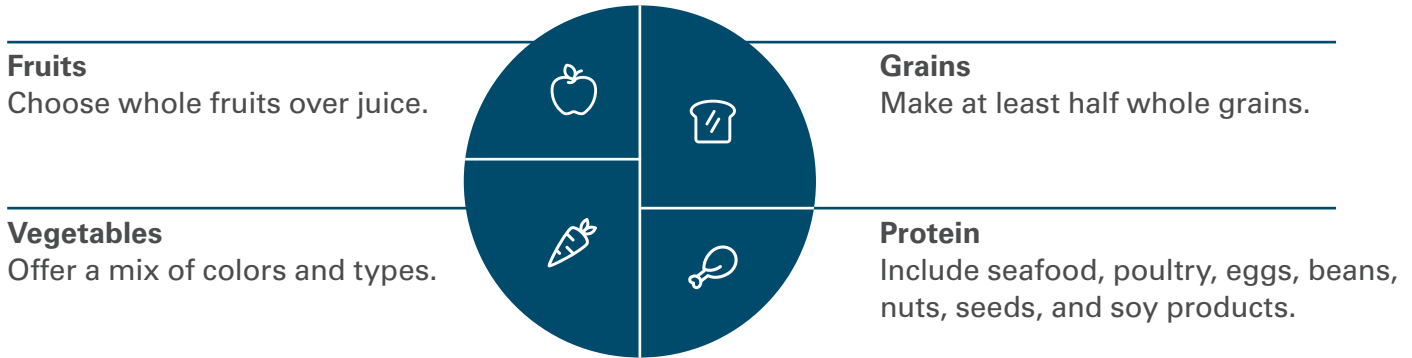
Instead of being critical about what your child is doing wrong, encourage them for the things they do right.

Set Small Reminders

Set a reminder on your phone for family activity time or healthy snack prep. Notes on the fridge or calendar alerts can help keep healthy habits on track.

THE BENEFITS OF HEALTHY EATING ADD UP OVER TIME

Bite by bite, small changes make a difference. Here's a simple visual guide to help you build balanced meals for your child each day.



Fill half their plate with fruits and veggies, and split the rest between whole grains and lean proteins. Keep washed fruit on the counter for easy snacking, and offer water instead of sugary drinks. Pre-portioning snacks also makes healthy choices simple and helps prevent overeating.

CONNECT WITH A REGISTERED DIETITIAN

With telehealth, a registered dietitian can help you understand your child's nutrition and create personalized meal plans, all from the comfort of your home. Even better - these are fully covered for you and your child as a member.¹ Learn more by scanning the QR code or visiting fepblue.org/telehealth.



GET A DIGITAL SCALE AND WEIGHT MANAGEMENT SUPPORT

Eligible members 13 and older can join the Weight Management Program by Teladoc Health® at no out-of-pocket cost. The program provides ongoing support to help manage weight and improve health, including a personalized plan with live coaching, nutrition and exercise tips, sleep and stress guidance, and more. Get started at fepblue.org/weight-loss.

RESOURCES FOR RAISING HEALTHY KIDS AND TEENS

The Healthy Families program offers tools and resources to support a healthy lifestyle for children of all ages. From nutrition and physical activity to emotional well-being, explore content, recipes, and other practical tips to help your whole family live healthier every day. Learn more at fepblue.org/healthyfamilies.

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¹Nutritional counseling is available in all 50 states and Washington, D.C. These are limited to individual sessions; we do not provide benefits for group counseling. Teladoc Health is an independent company that provides telehealth services on behalf of the Blue Cross and Blue Shield Service Benefit Plan. Any information or materials included here are not meant to replace the advice of your doctor or health care professional. This is a summary of the features of the Blue Cross and Blue Shield Service Benefit Plan. Before making a final decision, please read the Plan's Federal Employees Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-005; FEP Blue Focus: RI 71-017) and the Postal Service Health Benefits Program brochures (FEP Blue Standard and FEP Blue Basic: RI 71-020; FEP Blue Focus: RI 71-025). All benefits are subject to the definitions, limitations and exclusions set forth in the brochures. The Blue Cross Blue Shield Association is an association of independent, locally operated Blue Cross and Blue Shield companies. The Blue Cross and Blue Shield words and symbols, Federal Employee Program and FEP are all trademarks owned by Blue Cross Blue Shield Association.