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QUICK TIPS

Get back-to-school ready



Check in on your kid's overall health.



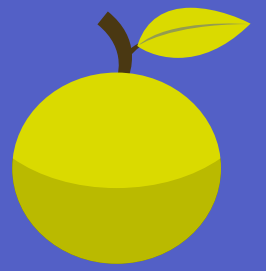
Make sure those dreaded shots are up-to-date.



Start getting into a normal bedtime routine.



Encourage healthy food choices.



Have your health insurance benefits ready.



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注意: 如果您说普通话, 我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线: 888-781-4262)。
ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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