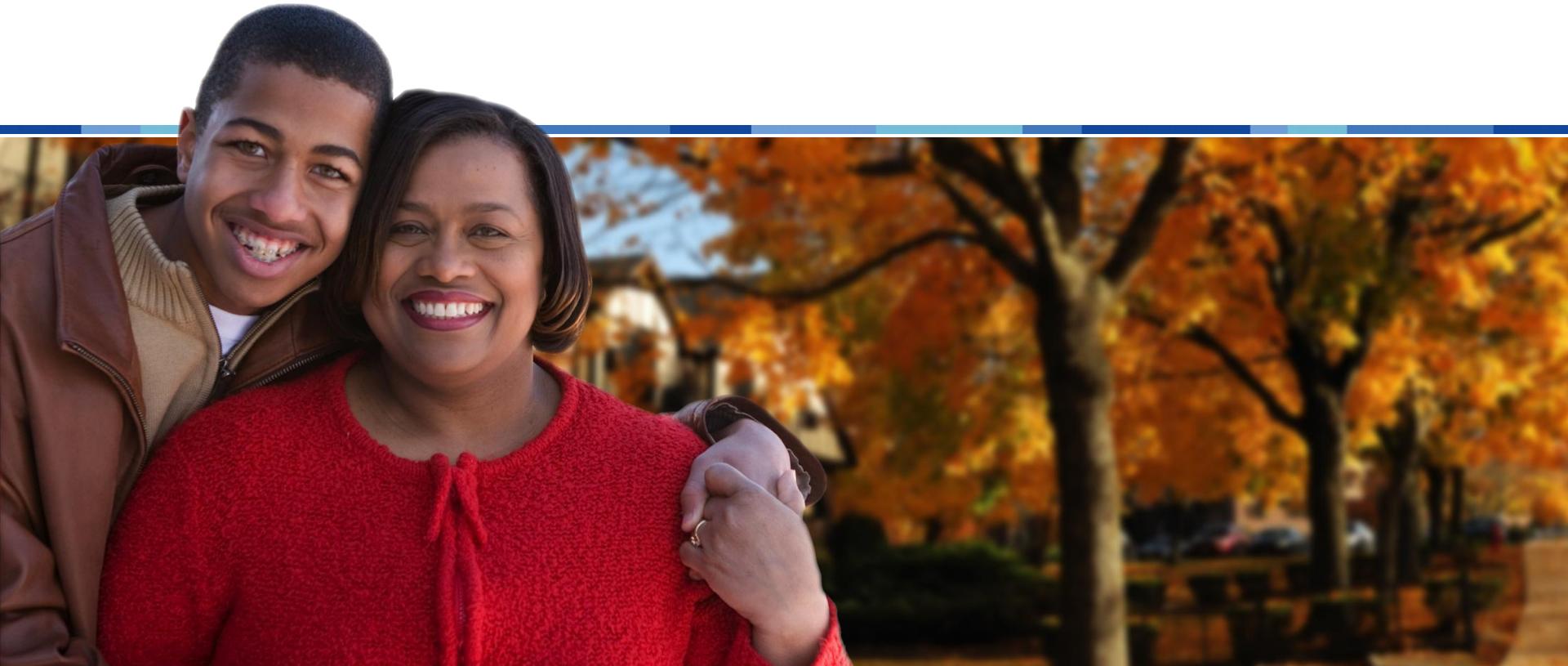


Engaged families, satisfied customers



Engage, educate, and motivate

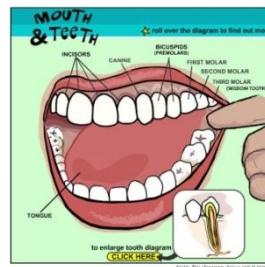
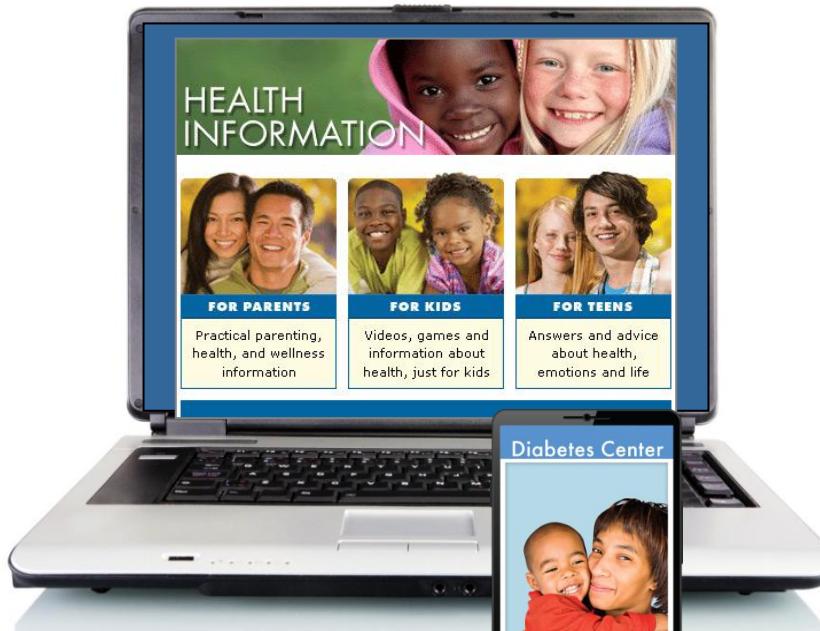
KidsHealth®



KidsHealth®

- Family-friendly content solutions for parents, kids, and teens
- Expert in *translating* complex medical information into practical information
- Medicaid-approved for literacy level
- From physician-led, nonprofit Nemours Center for Children's Health Media

KidsHealth: Engaging Health Media



Engage, educate, and motivate

KidsHealth

Why License KidsHealth Content?

Consistent education across all patient communications

▶ website



▶ patient portal

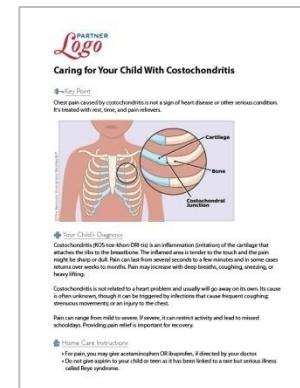


Meets Meaningful Use requirement
for Patient-Specific Education

▶ social media



▶ patient discharge



Meets Meaningful Use
requirement for *Electronic
Discharge Instructions*

Engage, educate, and motivate

KidsHealth



How kids influence family health



Online and mobile solutions



Marketing support



Clinical Solutions

Hallmarks of KidsHealth Content



The screenshot shows a web page for 'PARENTS' on the KidsHealth website. At the top, there are three navigation tabs: 'For Parents', 'For Kids', and 'For Teens'. Below the tabs is a search bar and a 'PARENTS' logo. The main title of the article is 'Diabetes Control: Why It's Important', accompanied by a photo of a young girl smiling. A callout box titled 'What's in this article?' lists five sections: 'When Diabetes Isn't Under Control', 'The Benefits of Good Control', 'How to Know if Diabetes Is Under Control', and 'Helping Your Child Control Diabetes'. Below the article title, there is a 'Listen' button with a speaker icon. The main text discusses diabetes control and its importance. A 'Lea este artículo en Español' button with a play icon is also present. On the right side of the article, there is an in-article animation titled 'What Happens in Diabetes?' with a 'Watch the MOVIE!' button. The text at the bottom of the article states: 'Too much sugar in the bloodstream also can cause long-term damage to body'.

Engaging graphics

“What’s in this article?” allows visitors to easily view and click to specific sections within the article

Toggle between English & Spanish versions

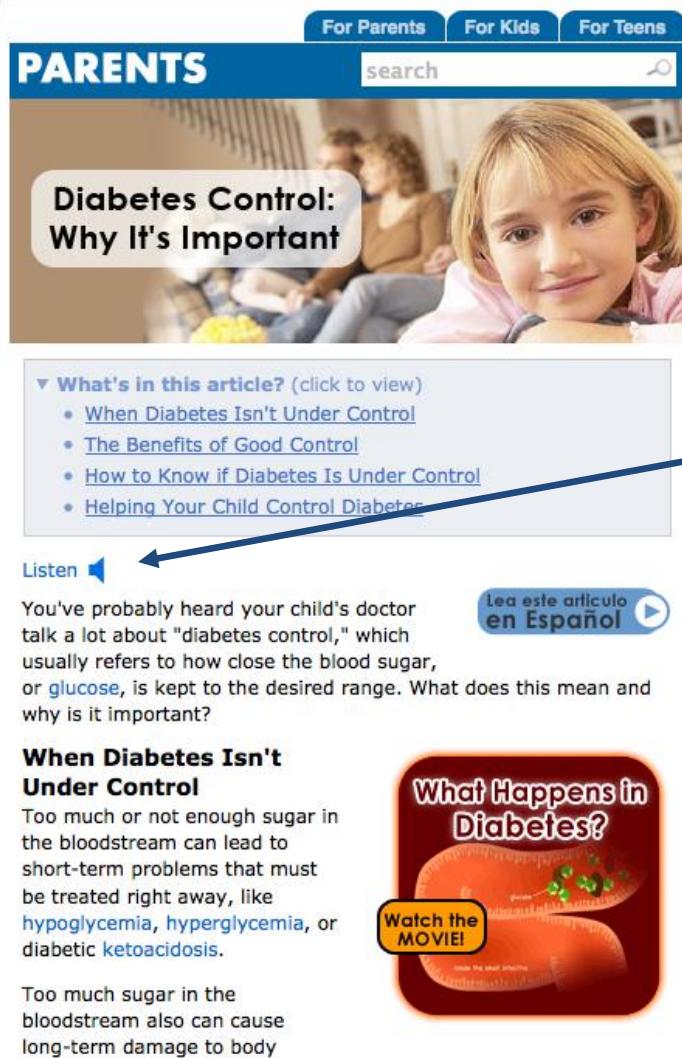
In-article animations explain the basics

Top of article

Engage, educate, and motivate

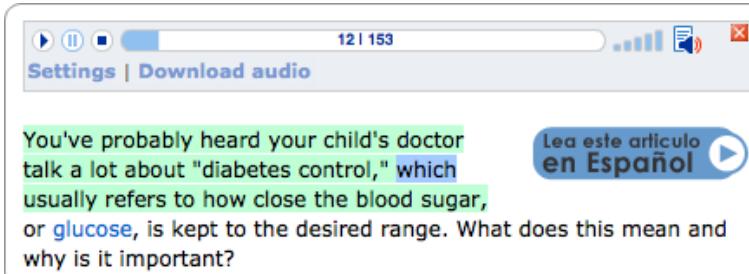
KidsHealth

Hallmarks of KidsHealth Content



The screenshot shows a web page for 'PARENTS' on the KidsHealth website. The main title is 'Diabetes Control: Why It's Important'. Below the title is a photo of a young girl smiling. A sidebar on the left lists 'What's in this article?' with links to 'When Diabetes Isn't Under Control', 'The Benefits of Good Control', 'How to Know if Diabetes Is Under Control', and 'Helping Your Child Control Diabetes'. A 'Listen' button with a speaker icon is highlighted with a blue arrow. The main text discusses diabetes control and its importance. A 'Watch the MOVIE!' button is shown with a video thumbnail titled 'What Happens in Diabetes?'. Navigation tabs at the top include 'For Parents', 'For Kids', and 'For Teens'.

Listen functionality helps facilitate learning for readers of all levels



The screenshot shows an audio player interface. It includes a play/pause button, a progress bar showing '12 | 153', a 'Settings' link, a 'Download audio' link, and a 'Lea este artículo en Español' button with a play icon. The main text area contains a green-highlighted paragraph about diabetes control and its importance. A green box on the right side contains the text: 'Downloads as an audio file on mobile and is only available to "standard" HTML partners'.

Hallmarks of KidsHealth Content

Diabetes Control: Why It's Important

Working with the diabetes health care team will help you better understand and manage the challenges of diabetes and help your child avoid many of the problems associated with it.

Reviewed by: Steven Dowshen, MD
Date reviewed: October 2013

◀ back 1 2 3

For Parents For Kids For Teens

MORE ON THIS TOPIC

- ▶ Monitoring Blood Sugar
- ▶ 3-Day Food Diary
- ▶ Blood Glucose Record
- ▶ Your Child's Diabetes Health Care Team
- ▶ Medicines for Diabetes
- ▶ Diabetes Center
- ▶ Treating Type 2 Diabetes
- ▶ Long-Term Complications of Diabetes
- ▶ Other Diseases That Are More Common in People With Type 1 Diabetes

Print Send to a friend Additional resources

Bottom of article

Current medical review

Related content for Parents, Kids, and Teens encourages a family dialogue and helps parents understand what their kid/teen is going through

Printer-friendly versions, additional resources & send to a friend

KidsHealth: Content for 3 Distinct Audiences

PARENTS

search



Can the Weather Affect My Child's Asthma?

Daily Q&A
Do Computer Monitors Have Any Effect on Pregnancy?

Tests & Exams
Checkups, tests, and surgery. Learn what to expect.

First Aid & Safety
Learn what to do in emergencies – and how to prevent them.

Positive Parenting
Get tips on raising happy, healthy kids.

Recipes

Pregnancy & Newborns

Growth & Development

¡Lea Nuestros Artículos en Español!
Read Our Articles in Spanish!

Nutrition & Fitness Center
MORE >

- Asthma Center >
- Diabetes Center >
- Cancer Center >
- Flu Center >
- More

KIDS

search



what's the right WEIGHT for me?

Brain Buzz
Can mountains make you sick?

Nutrition & Fitness Center
MORE >

- Diabetes Center >
- Asthma Center >
- Relax & Unwind Center >
- Flu Center >
- More

ICKY Q&A

HOW THE BODY WORKS
MOVIES, QUIZZES, and MORE!

VIDEOS AND GAMES

DEALING WITH FEELINGS

ILLNESSES & INJURIES

Kids Dictionary of MEDICAL WORDS

¡Lea Nuestros Artículos en Español!
Read Our Articles in Spanish!

SCHOOL & JOBS

SEXUAL HEALTH

YOUR BODY

YOUR MIND

INFECTIONS

STOP SMOKING

TEENS

search



Is a cigarette a turn-off? Does coffee stunt growth? See what the experts say.

Expert Answers

Your Body

Your Mind

Infections

Each section is written in an engaging and age-appropriate style

Engage, educate, and motivate

KidsHealth



The screenshot shows the homepage of the KidsHealth for Parents website. At the top, there is a navigation bar with tabs for 'For Parents', 'For Kids', and 'For Teens'. Below the navigation bar is a banner for 'SCHOOL AND DIABETES' featuring three children. To the left, there is a large image of a woman and a young boy smiling. To the right, there are several sections: 'Daily Q&A' (about hair coloring during pregnancy), 'Tests & Exams' (about checkups, tests, and surgery), 'First Aid & Safety' (about what to do in emergencies), 'Positive Parenting' (about raising happy, healthy kids), 'Recipes' (with an image of a child in a chef's hat), 'Pregnancy & Newborns' (with an image of a baby), 'Growth & Development' (with an image of a woman), and a section for 'En Español' (with an image of a computer monitor). At the bottom, there are links for 'View: Mobile | Desktop'.

KidsHealth – *For Parents* provides medical, emotional, behavioral, and developmental information

Most popular sections include:

- Condition-Specific Wellness Centers
- Pregnancy & Newborns
- Medical Tests & Exams
- First Aid & Safety
- Positive Parenting
- En Español



The screenshot shows the homepage of a 'Cancer Center' website. At the top, there's a banner with a photo of a smiling woman holding a child. Below the banner, a blue box contains the text: 'Customizable areas: add graphics and links to other content on your site'. Two blue arrows point from this text box to specific interactive elements on the page: one arrow points to a 'dealing with feelings' section, and another points to a 'Personal Stories' section. The page also features sections for 'treatment & prevention', 'words to know', 'Q&As', and 'personal stories'.

Cancer Center

Artículos en Español

treatment & prevention
Find out about different cancer treatments and therapies.

dealing with feelings
Tips on handling emotional issues.

Customizable areas: add graphics and links to other content on your site

Did You Know?
More than 100 types of diseases are known collectively as cancer.

Personal Stories

Q&As

Words to Know

Center for Kids | Center for Teens

View: [Mobile](#) | [Desktop](#)

Drive families to relevant content and features on your site

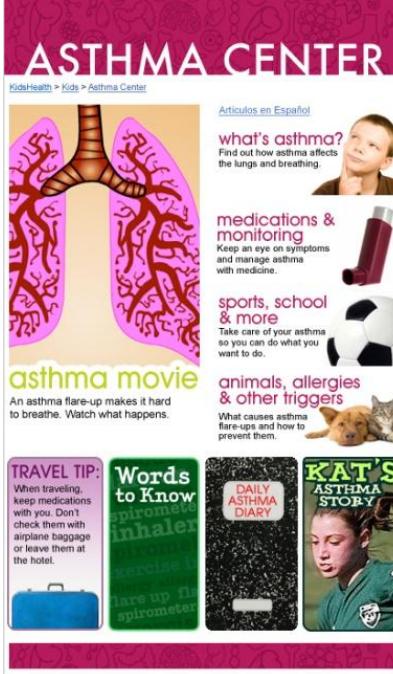
- Find a doctor
- Patient stories
- Special programs you offer
- Online donations



The landing page for the Asthma Center is designed for parents. It features a large image of a smiling mother and child. Key sections include:

- Artículos en Español** (Articles in Spanish)
- video:parents talk**: Hear what parents say about managing asthma.
- preventing flare-ups**: What causes flare-ups & how to avoid them.
- medications & monitoring**: Keeping healthy and feeling good.
- Find out what a flare-up is and what it can make better.**
- Drive parents to related content for kids and teens**: A blue callout box with arrows pointing to the "Center for Kids" and "Center for Teens" sections.
- Center for Kids** and **Center for Teens** buttons.
- View: Mobile | Desktop** button.

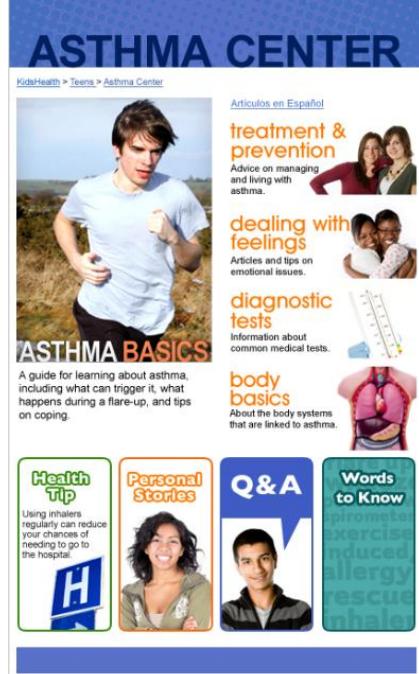
Engage the entire family



The landing page for the Asthma Center is designed for children. It features a large image of lungs. Key sections include:

- ASTHMA CENTER**
- Artículos en Español** (Articles in Spanish)
- what's asthma?**: Find out how asthma affects the lungs and breathing.
- medications & monitoring**: Keep an eye on symptoms and manage asthma with medicine.
- sports, school & more**: Take care of your asthma so you can do what you want to do.
- animals, allergies & other triggers**: What causes asthma flare-ups and how to prevent them.
- asthma movie**: An asthma flare-up makes it hard to breathe. Watch what happens.
- TRAVEL TIP**: When traveling, keep medications with you. Don't check them with airplane baggage or leave them at the hotel.
- Words to Know**: spirometer, inhaler, exercise, flare up, spirometer.
- DAILY ASTHMA DIARY**: KAT'S ASTHMA STORY
- Health Tip**: Using inhalers regularly can reduce your chances of needing to go to the hospital.

For Kids

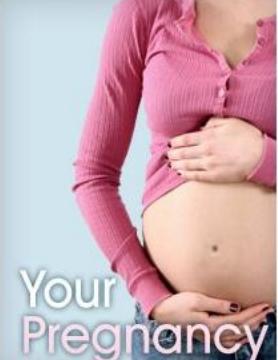


The landing page for the Asthma Center is designed for teenagers. It features a large image of a young man running. Key sections include:

- ASTHMA CENTER**
- Artículos en Español** (Articles in Spanish)
- treatment & prevention**: Advice on managing and living with asthma.
- dealing with feelings**: Articles and tips on emotional issues.
- diagnostic tests**: Information about common medical tests.
- body basics**: About the body systems that are linked to asthma.
- Health Tip**: Using inhalers regularly can reduce your chances of needing to go to the hospital.
- Personal Stories**: A woman and a man smiling.
- Q&A**: A woman and a man smiling.
- Words to Know**: spirometer, exercise, induced, allergy, rescue, inhaler.

For Teens

Pregnancy & Newborn Center



Artículos en Español

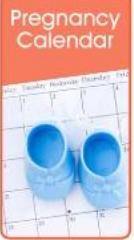
preparing for parenthood
All you need to get ready for your new arrival.

childbirth
Learn what to expect on the big day and hear from moms who've been through it.

newborn care
Breastfeeding questions? Crankiness or colic? Get answers to all your concerns.

newborn health conditions
Learn what's no big deal and when your baby might need to see the doctor.

Did You Know?
Babies can recognize the sound of their mother's voice soon after birth.



Q&As



Pregnant or Breast-feeding? Recipes for you

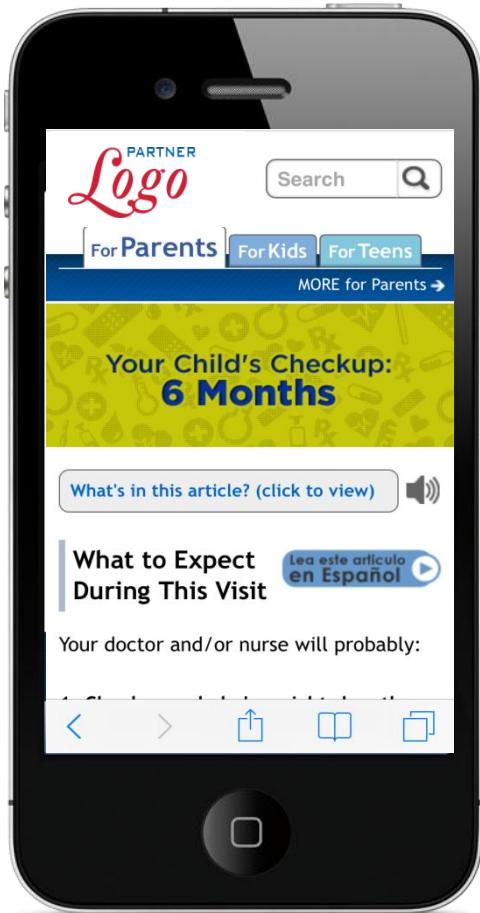


View: [Mobile](#) | [Desktop](#)

Engage from the start



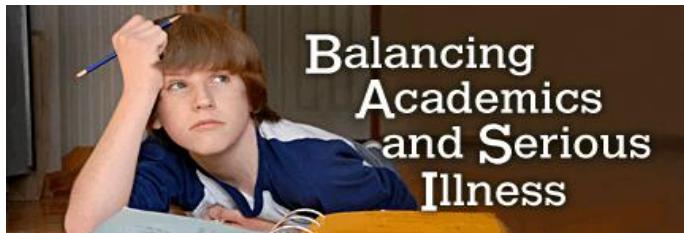
Encourage Regular Checkups



Encourage well visits

- What to expect at each well visit
- Guidance on topics such as:
 - ✓ feeding
 - ✓ sleep
 - ✓ development & learning
 - ✓ care & safety
 - ✓ age-appropriate activity
- Covers checkups from newborn to age 18
- Consistent with *AAP/Bright Futures* guidelines

Support for families with medically complex children



A Directory of Medical Tests

Taking a medical history and performing a physical examination usually provide the information a doctor needs to evaluate a child's health or to understand what's causing an illness. But sometimes, doctors need to order tests to find out more.

Here are some common tests and what they involve:

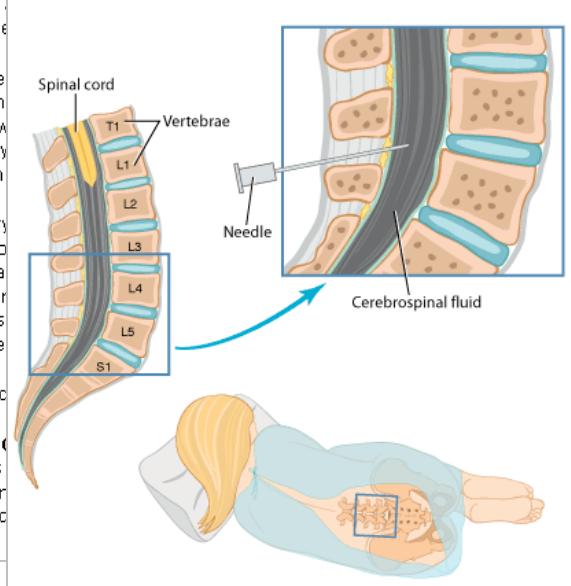
Blood Tests

Blood tests usually can be done in a doctor's office or in a lab where technicians are trained to take blood. When only a small amount of blood is needed, the sample can sometimes be taken from a baby by sticking a finger with a small needle. If a larger blood sample is needed, the doctor will clean the skin (on the arm or hand), and it may take more than one try to get the sample. Dry any blood left when you're done.

Blood tests can be scary, especially if your child sees a doctor's presence during the procedure. Offer a stuffed animal to your child that it may pinch. With younger kids, try singing a song or counting together while the test is done.

Common blood tests include:

- **Complete Blood Count** (CBC): Checks for different types of blood cells. If there are too many or not enough, it could be a sign of infection. The CDC can help to explain what the results mean.



Reduce anxiety around tests and procedures

- What to expect
- How to prepare your child

Medical Tests and Procedures

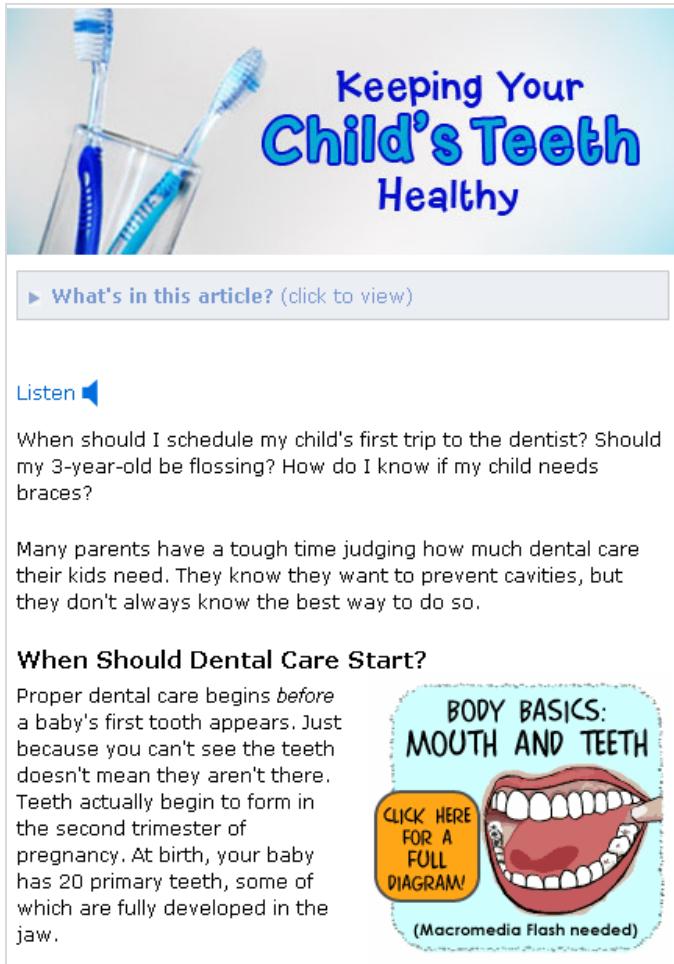
If your doc has you scheduled for medical tests, you might wonder what's involved. These videos show what happens in 10 of the most common medical procedures.



Blood Test
Your blood gives doctors all kinds of clues about your health. It's normal to be nervous about this test — no one loves needles. But most blood draws take less than a minute.



CAT Scan
CAT stands for "computerized axial tomography." Translated, that means a scanner takes computer pictures of what's going on inside your body. The scan itself is painless. All you'll need to do is hold still for a few minutes at a time so the pictures come out clear.



Keeping Your Child's Teeth Healthy

▶ What's in this article? (click to view)

Listen 

When should I schedule my child's first trip to the dentist? Should my 3-year-old be flossing? How do I know if my child needs braces?

Many parents have a tough time judging how much dental care their kids need. They know they want to prevent cavities, but they don't always know the best way to do so.

When Should Dental Care Start?

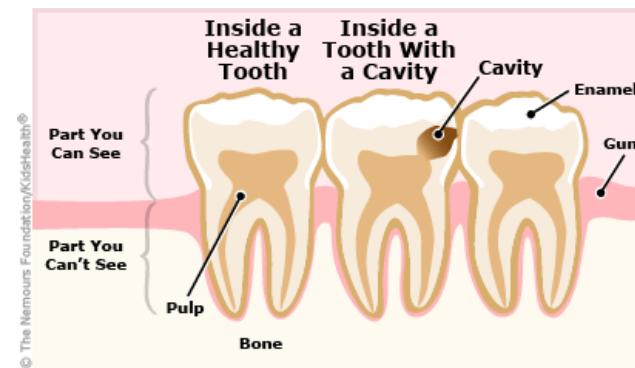
Proper dental care begins *before* a baby's first tooth appears. Just because you can't see the teeth doesn't mean they aren't there. Teeth actually begin to form in the second trimester of pregnancy. At birth, your baby has 20 primary teeth, some of which are fully developed in the jaw.

BODY BASICS: MOUTH AND TEETH

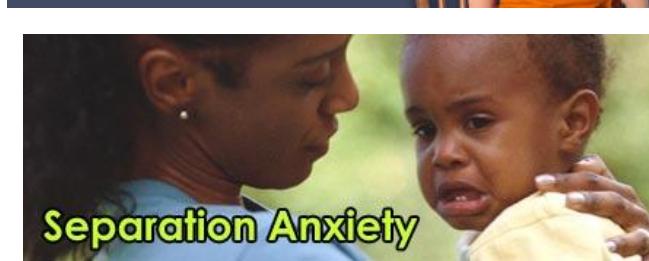
CLICK HERE FOR A FULL DIAGRAM! (Macromedia Flash needed)

Promote dental health

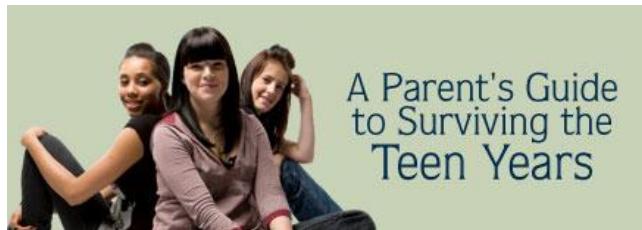
- Dental basics
- Dental care from birth
- Fluoride & water
- Dental injuries



Advice on positive parenting and handling tough topics



Help with emotional and behavioral topics, too



Información Para Niños

- Las preguntas y las respuestas
- Diabetes: aspectos fundamentales
- Asma: aspectos fundamentales

Mi cerebro
Cómo tus oídos tu cerebro, cuánto y mucho más.

Información Para Adolescentes

- Las enfermedades
- Ejercite y la Salud
- ¿Cuál es el peso correcto para tu estatura? Deberías ponerte a dieta? Obtén las respuestas.
- La salud sexual
- Su cuerpo
- Seguridad y primeros auxilios
- El crecimiento y el desarrollo
- La nutrición y la salud
- Las infecciones
- Gripe

Información Para Padres

- El embarazo y recién nacido
- Las preguntas y las respuestas
- Los problemas médicos
- Paternidad y maternidad positiva: ser mejores padres
- Las emociones y las conductas
- Para Adolescentes
- Para Niños

View: [Mobile](#) | [Desktop](#)

Navigate from Spanish landing pages or

All About Allergies

Dust, cats, peanuts, cockroaches. An odd grouping, but one with a common thread: allergies - a major cause of illness in the United States.

[Lea este artículo en Español](#)

Todo sobre las alergias

El polvo, los gatos, los cacahuetes, las cucarachas... Un grupo muy variado, pero una amenaza común: las alergias -una de las principales causas de enfermedad en

[Read this article in English](#)

Toggle between English and Spanish versions



The screenshot shows the homepage of the KidsHealth for Kids website. At the top, there is a navigation bar with buttons for 'For Parents', 'For Kids', and 'For Teens'. Below the navigation is a search bar with a magnifying glass icon. The main header features a cartoon illustration of a child and the text 'School and Asthma'. To the left, there is a large image of a smiling boy with the text 'Diabetes Center' and a 'MORE >' link. Below this are links to other centers: 'Asthma Center >', 'Relax & Unwind Center >', 'Nutrition & Fitness Center >', 'Flu Center >', and a 'More' link. On the right side, there are several interactive sections: 'Brain Buzz' (a question about heartburn with a 'GET THE ANSWER!' button), 'ICKY Q&A' (featuring a cartoon character), 'HOW THE BODY WORKS' (with a 'MOVIES, QUIZZES, and MORE!' link), 'VIDEOS AND GAMES' (featuring a cartoon monkey), 'DEALING With FEELINGS' (with an illustration of a smiling face), 'ILLNESSES & INJURIES' (with an illustration of a child with a cast), 'Kids Dictionary of MEDICAL WORDS' (with an illustration of a child reading a book), and '¡Lea Nuestros Artículos en Español!' (with an illustration of a computer monitor). At the bottom, there is a 'View: Mobile | Desktop' link.

Engage kids with:

- ✓ right voice
- ✓ lots of answers

Most popular sections:

- How the Body Works
- Icky Q&A
- Videos & Games
- Personal Stories
- Staying Healthy

Engage kids, support parents

ASTHMA CENTER

KidHealth > Kids > Asthma Center

Artículos en Español

what's asthma? Find out how asthma affects the lungs and breathing.

medications & monitoring Keep an eye on symptoms and manage asthma with medicine.

sports, school & more Take care of your asthma so you can do what you want to do.

animals, allergies & other triggers What causes asthma flare-ups and how to prevent them.

TRAVEL TIP: When traveling, keep your inhalers with you. Don't check them with airplane baggage or leave them at the hotel.

Words to Know

KAT'S ASTHMA STORY

DAILY ASTHMA DIARY

EATING OUT TIP: Carry a pocket-sized book that lists the calories, carbohydrates, and fats in common foods.

Words to Know

RECIPES Get new ideas for healthy meals and snacks.

DIABETES & nutrition Eat right to stay healthy.

asthma movie
An asthma flare-up makes it hard to breathe. Watch what happens.

asthma movie
An asthma flare-up makes it hard to breathe. Watch what happens.

DIABETES CENTER

KidHealth > Kids > Diabetes Center

Artículos en Español

what you don't know about nick jonas

what's diabetes Get the basics on this disease and its treatment.

living with diabetes Be active, eat healthy, and take care of yourself.

medications & monitoring Keep an eye on blood sugar and adjust your diabetes medicine.

diabetes movie
Diabetes affects the way the body gets energy. Watch what happens.

insulin

pancreas

Nutrition & Fitness Center

KidHealth > Kids > Nutrition & Fitness Center

Artículos en Español

food & nutrition Easy-to-follow advice on healthy eating.

recipes Fuel your body with delicious smoothies and meals.

special diets Learn about food allergies and more.

weight We'll cheer you on to a healthy weight.

Mission Nutrition
Shop around the kitchen to find healthy snacks and drinks.

Fitness Tip: Get 60 minutes of physical activity every day. If you can't do it all at once, be active in shorter spurts throughout the day.

Staying Fit Being active = having fun.

Exercise and Sports Safety Be safe and you'll prevent sports injuries.

EAT LIKE A PRO

Relax & Unwind Center

KidHealth > Kids > Relax & Unwind Center

Artículos en Español

get organized & feel better! Take the quiz to find out how you're doing.

what's stress? Too much stress wears you out, but did you know stress isn't all bad?

who can help? Don't go it alone. There are lots of people you can turn to for help.

Try Yoga
Get step-by-step instructions on how to do poses that can help you slow down and chill out.

help yourself
Take steps to de-stress, stay in control and solve problems.

Goals for today:

- 1) Be grateful.
- 2) Spread kindness.
- 3) Notice the good stuff.

What's stressing you?
From homework to sports with friends, there are plenty of reasons you might get stressed.

Talk to your parents
Get tips for how to start the conversation.

Healthy, rested & ready!
Food, exercise, and sleep can save the day.



Recipes Just4Kids!

- Southern-Style Cornbread
- Super Strawberry Bars
- Porcupine Sliders
- Makenna's Bodacious Banana Muffins
- Fun Fruit Kabobs
- Fabulous French Toast
- Cocoa, Almond, and Oat Clusters
- Homemade Peanut Butter
- Lean Green Pita Dippers

Interactive Movies, Games & Activities

KIDS



HOW THE BODY WORKS

search



EN ESPAÑOL



MORE TO DO!

QUizzes

ARTICLES

MOVIES

ACTIVITIES

WORD FINDS



KIDNEYS

LIVER



KIDNEYS

LIVER



KIDNEYS

LIVER



KIDNEYS

LIVER



KIDNEYS

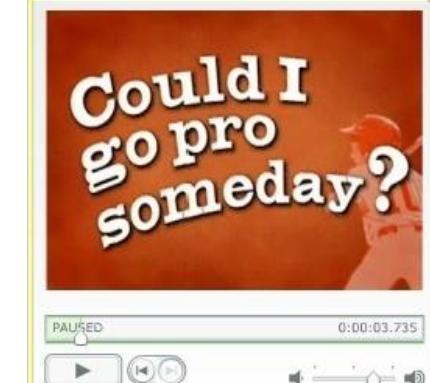
LIVER



KIDNEYS

LIVER

View: [Mobile](#) | [Desktop](#)



Engage, educate, and motivate

KidsHealth



The screenshot shows the homepage of the KidsHealth for Teens website. At the top, there are three navigation tabs: 'For Parents', 'For Kids', and 'For Teens'. Below the tabs is a search bar with a magnifying glass icon. The main title 'TEENS' is in a large, bold, white font on a blue background. Below the title is a red banner with the text 'Stress & Coping Center'. To the left of the banner is a photo of a young woman in a white tank top holding a basketball. To the right of the banner is a box titled 'Expert Answers' with a sub-section 'Your Body' and a sub-section 'Your Mind'. Below these are boxes for 'Sports Center', 'Infections', and 'DRUGS & ALCOHOL', 'SCHOOL & JOBS', and 'SEXUAL HEALTH'. At the bottom of the page, there is a link 'View: Mobile | Desktop'.

Engage teens with:

- ✓ right tone
- ✓ right topics

Most popular sections:

- Sexual Health
- Drugs & Alcohol
- Your Mind
- Condition-Specific Wellness Centers

Motivate teens — practical advice, no preaching

ASTHMA CENTER

KidsHealth > Teens > Asthma Center

Artículos en Español

treatment & prevention
Advice on managing and living with asthma.

dealing with feelings
Articles and tips on emotional issues.

diagnostic tests
Information about common medical tests.

body basics
About the body systems that are linked to asthma.

ASTHMA BASICS
A guide for learning about asthma, including what can trigger it, what happens during a flare-up, and tips on coping.

Health Tip
Using inhalers regularly can reduce your need for hospital visits.

Personal Stories

Q & A

Words to Know

Snacks
Choose whole grains and complex carbohydrates and proteins so you get lasting energy.

Personal Stories

Q & A

Sports Words to Know

Health Tip
Sticking to your diabetes plan, even when you feel well, helps you avoid future problems.

Personal Stories

Diabetes & Nutrition

Words to Know

Build Resilience
Try to see challenges as opportunities, and think of problems as temporary and solvable.

Relax and De-Stress

Q & A

Quizzes and Notebooks

Making a Change

Sports Center

KidsHealth > Teens > Sports Center

sports psychology
Discover how your mind affects your body.

training & performance
Get ready to play your best season ever.

sports injuries
Find out how to deal with injuries and avoid getting hurt.

body basics
Learn how your body works so you can make it work for you.

The Basics
Get tips on everything from finding the best sport for you to handling sports pressure and competition.

Snacks
Choose whole grains and complex carbohydrates and proteins so you get lasting energy.

Personal Stories

Q & A

Sports Words to Know

Health Tip

Personal Stories

Diabetes & Nutrition

Words to Know

DIABETES CENTER

KidsHealth > Teens > Diabetes Center

Artículos en Español

treatment & prevention
Advice on managing and living with diabetes.

dealing with feelings
Articles and tips on emotional issues.

diagnostic tests
Information about common medical tests.

body basics
About the body systems that are linked to diabetes.

DIABETES BASICS
A guide for learning about diabetes, including the different types of diabetes, how diabetes can affect the body, and some common myths about the disease.

Health Tip
Sticking to your diabetes plan, even when you feel well, helps you avoid future problems.

Personal Stories

Diabetes & Nutrition

Words to Know

Stress & Coping Center

stressful situations
From quizzes to family troubles, learn how to cope.

stressful feelings
Advice on managing difficult emotions.

when stress is serious
Coping with mental health conditions.

getting (and giving) help
Where to turn for help — and how to support a friend.

ALL ABOUT STRESS

The Basics
Why do we feel stress? How does it show up in our bodies? And can stress ever be good? Find out here.

Build Resilience

Relax and De-Stress

Q & A

Quizzes and Notebooks

Making a Change

Engage, educate, and motivate

KidsHealth

Think 'no excuses.' Reward myself each time I turn down a cigarette.

Stop Smoking My Personal Plan

I want to stop smoking because:

- I want to live longer
- It causes wrinkles
- It is an expensive habit

Excuses that could stop me:

- I'll stop tomorrow
- Just one more pack and then I'm done
- I can quit when I'm older

My arguments against excuses:

- Why put off something until tomorrow?
- One more pack can kill me
- I will be more addicted when I'm older

What could trip me up:

- When I'm out with my friends
- When I'm alone in the car
- When I'm around other smokers

Start date:

February 1, 2010

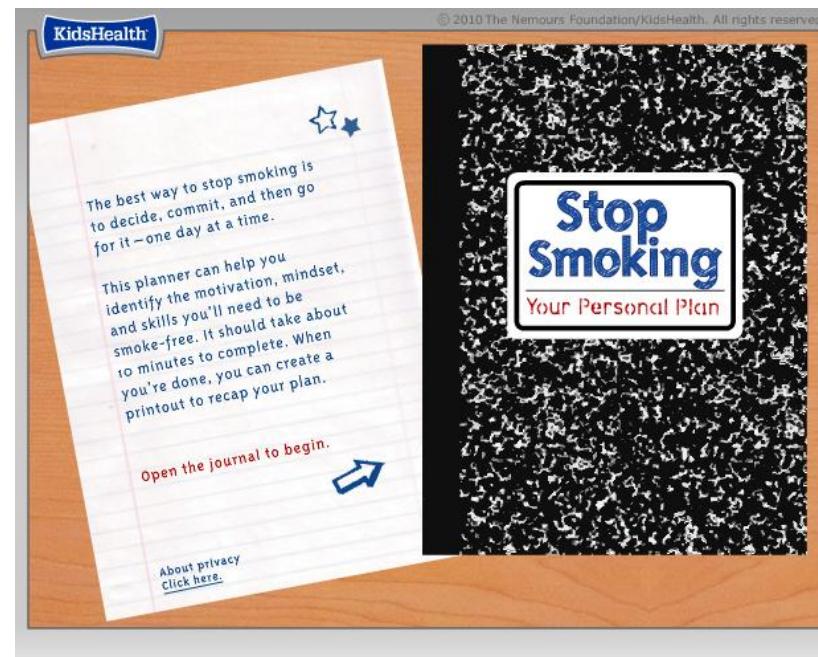
Instead of smoking I can:

Chew gum or a mint	How I'll do it:
Try to block the craving out for 5 minutes	Stop all at once.
I can either smoke, OR ...	
Have extra money to save for the future	

Slips happen. Get help or support if I'm having trouble sticking to my plan.

Encourage success

Tools to set and achieve behavior change





Avocado, Hummus, and Cheese Pita Pocket



A Recipe for Teens With
Celiac Disease (Gluten Sensitivity)

Yogurt on the Go



Pepper and Tomato Egg-White Frittata



Nutrition Facts

Serving Size 1 1/2 cups

Amount Per Serving	Calories	Calories from Fat	% Daily Value
Total Fat 7g	220	60	11%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 220mg			9%
Total Carbohydrate 27g			9%
Dietary Fiber 7g			28%
Sugars 3g			
Protein 14g			

Vitamin A 180% • Vitamin C 60%

Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	Calories from Fat
Total Fat	2,000	2,500
Saturated Fat	Less than 20g	40g
Cholesterol	Less than 300mg	214mg
Sodium	Less than 2,400mg	303mg
Total Carbohydrate	300g	2,400mg
Dietary Fiber	25g	375g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Recipes Just4Teens!

- Kale and White Bean Soup
- Pan-Grilled Chicken Over Salad
- Pepper and Tomato Egg-White Frittata
- Pleasing Pita Pocket
- Salmon Burgers
- Tomato-Zucchini Soup
- Yogurt on the Go
- Zucchini Muffins



How kids influence family health



Online and mobile solutions



Marketing support



Video and other engagement tools



No additional fees



Drive traffic to your site

Customize and distribute via:

- Waiting areas mailings
- Bill stuffers
- Physician offices
- New mover and other prospect mailings



Wellness Tips Rack Cards
Add your logo and URL and print!

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How kids influence family health



Online and mobile solutions



Clinical Solutions

* available for an additional fee





Increase compliance on preventative, acute, and chronic health issues

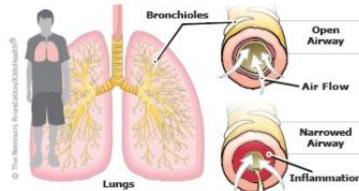
- Simple instructions
- Informative illustrations
- Created just for pediatrics
- Editable by your clinicians
- English & Spanish
- Great tool for case managers



Caring for Your Child With Exercise-Induced Asthma

Key Point

Exercise is good for everyone, including kids who have exercise-induced asthma. Symptoms can be kept under control by following your child's asthma action plan.



Your Child's Diagnosis

Many kids with asthma tend to get flare-ups when they exercise. But some asthma symptoms happen when they exercise and not at other times.

When we breathe through our noses, air warms up and becomes moist. The lungs. But during exercise, people tend to breathe through their mouths. This lets cold, dry air directly to the lungs, irritating them.

Symptoms usually begin 5–10 minutes after exercise or strenuous activity during or after stopping exercise. Your child may cough, wheeze, feel tightness, or be short of breath.

Two types of medications may be used to treat exercise-induced asthma. "Rescue" medications are taken daily to keep asthma under control. Controller medications are taken daily to relieve asthma symptoms but also can help prevent a flare-up. This and other information are described in the following sections.

- Home Care Instructions
 - If recommended by your doctor, rescue medication should be taken:
 - as close to the start of exercise as possible
 - at the first signs of exercise-induced asthma symptoms
 - Your child should warm up and cool down with 5–10 minutes of light activity, such as walking, before and after exercise.
 - Encourage your child to breathe through the nose and take short rest breaks during exercise.
 - Have your child wear a ski mask or scarf over the nose and mouth when playing or exercising outside in cold weather.
 - Your child should not exercise while experiencing asthma symptoms.

Special Instructions

- Make sure you and your child understand the signs of a flare-up and what to do if one happens.
- Ask your doctor if your child should avoid outdoor exercise during cold weather or when air quality is poor.

Call Your Doctor if...

- Your child continues to have trouble breathing during or after exercise.

Go to the ER if...

- Your child is very short of breath, especially if he or she has trouble walking or talking.
- Your child is breathing hard. You may notice the skin between the ribs and neck pull in tight during breathing.
- Rescue medication is not helping.

Learn More Online

For more information on exercise-induced asthma, go to http://kidshealth.org/info/348_39142



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Key Point

Your Child's Diagnosis

Home Care Instructions

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Go to the ER if...

Learn More Online

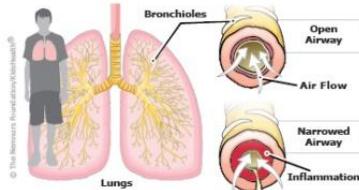
Easy-to-Follow Icons Divide Sections *Aid comprehension*



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Your Child's Diagnosis

Home Care Instructions

Call Your Doctor if...

Go to the ER if...

Learn More Online

Customized URLs and QR codes refer patients to your KidsHealth content on your website for more information (optional)

10 Reasons to Partner With KidsHealth

1. **Plain-language content**, free of medical jargon
2. **“Listen”** functionality enhances accessibility of content for low-literacy level
3. Includes **mobile-optimized** template ranked #1 in customer satisfaction by ForeSee®
4. **Engages the entire family** with age-appropriate content
5. Physician-led group providing **ongoing medical review** and re-review
6. Family-friendly, **warm, and comforting** approach to health
7. Cost-effective, turnkey content solution – **in English & Spanish**
8. Seasonal and timely content to keep your site and member communications **fresh and up-to-date**
9. Complimentary **site consultation and marketing support** provides the tools & know-how to maximize your license
10. Engaged and informed families are more compliant and have **better outcomes**

For more information about becoming a KidsHealth Partner, contact:

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