

GET IN THE SCHOOL SPIRIT

SCHEDULE A CHECKUP FOR YOUR CHILD BEFORE SCHOOL STARTS.



7.5 HOURS
 AVERAGE TIME CHILDREN AGES 8 TO 18 SPEND IN FRONT OF SCREENS EACH DAY



114 DAYS

AVERAGE SCREEN TIME SPENT BY CHILDREN IN A YEAR



0 HOURS

SCREEN TIME DOCTORS RECOMMEND FOR CHILDREN YOUNGER THAN 2



1 OR MORE HOURS

AMOUNT OF EXERCISE CHILDREN AND TEENS NEED EACH DAY



8-10 HOURS

AMOUNT OF SLEEP CHILDREN AND TEENS NEED EACH DAY

CHECK OUT THE LIVE HEALTHY SECTION OF WWW.BLUECHOICESC.COM.



BlueChoice® HealthPlan is an independent licensee of the Blue Cross Blue Shield Association.

216165BCHP-8-2023