



Summer's Almost Here – Are Your Kids Covered?

Health Concerns Should Take Top Priority During Active Summer Season; CHIP can help

Ah, summertime – picnics, playgrounds, swimming and sun. What could be better? As you pack that pool bag, picnic basket or suitcase, remember to add one important essential to your summertime list of must-haves – health insurance for your kids. Pennsylvania's **Children's Health Insurance Program** now covers all uninsured kids and teens (up to age 19). And no family makes too much money for CHIP. Coverage includes doctor visits, dental care, eye care, prescriptions, immunizations, mental health and much more, which can offer peace of mind to parents, especially during this active time of year.

There are more than 133,000 uninsured children in Pennsylvania who now have access to this comprehensive health insurance coverage. All families need to do is apply!

For many families, CHIP is free, with no copays or monthly premiums. Families with higher incomes may qualify for low-cost or at-cost CHIP, which still includes the same comprehensive benefits. Families whose incomes fall below CHIP guidelines may be enrolled in Medical Assistance.

Families who need health insurance are encouraged to apply right away. CHIP enrollment information is available by visiting chipcoverspakids.com or calling **800-986-KIDS** to apply or for more information.

Although having access to proper medical treatment is invaluable, there are some simple summer safety tips that will keep you and your family happy and healthy this season – and beyond.

- 1. Wear a helmet and other safety gear when biking, skating and skateboarding.** Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.
- 2. Bring a first aid kit when you go camping with your family.** The kit should include antibiotic ointment, antihistamine syrup, calamine lotion, fever/pain medicine, insect repellent, bandages and of course sunscreen.
- 3. When exposed to the sun and heat, be sure to wear sunscreen (use a sunscreen with an SPF (sun protection factor) of 15 or greater.** Be sure to apply enough sunscreen and keep all family members hydrated.
- 4. When barbecuing, make sure that your young child is far enough away from the broiler in order to prevent a burn injury.**
- 5. Use layers of protection to prevent a swimming pool tragedy.** This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.
- 6. Summer also means yard work.** When mowing, keep small children out of the yard, and turn the mower off if children enter the area. Never carry children on a riding mower.