



6 ways to stay clean, from your head to your toes.



1. Start with the top of your head.

Wash your hair with shampoo 2 to 3 times a week. If you wash it too much, it might dry your scalp (the skin on your head under your hair).

2. Are your teeth healthy? Chances are you will be too.

And guess what? Brushing your teeth can be fun! Remember these tips:

- Brush at least twice a day, like after breakfast and before bed.
- Move your toothbrush in circles. Don't forget to get the front, back, inside and outside. Even brush the teeth that are hard to reach.
- Hum the A-B-Cs while you brush to make sure you're brushing long enough.
- Make sure to rinse your brush after every brushing to keep any germs away.



Foods that are good for your body are also good for your teeth.

Some foods you can eat whenever you want. These have lots of nutrients that are good for you. Foods like fruit, veggies, cheese and water are really good.

Some foods taste good but aren't as good for your body or your teeth. Candy, soda and chips should be eaten only as a treat now and then. And remember to rinse out your mouth after eating them to keep your teeth clean.



3. Take a bath or shower. It really is good for you.

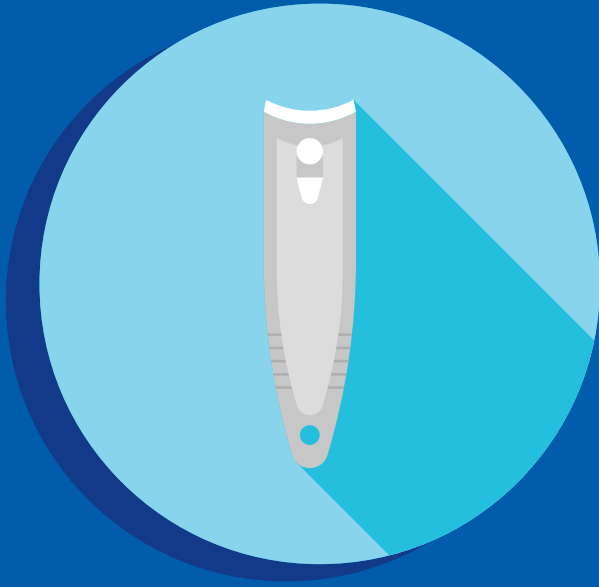
The best way to keep clean is to take a bath or shower every day with soap and water. Want to make it fun? Wash every part of your body with a warm soapy washcloth and sing along to your favorite song while you do it. Don't forget to wash under your arms. They can get stinky too. When you're old enough, you'll be able to start using deodorant.

4. Wash your hands. You've heard it before. But why?

Washing your hands is the best way to stop germs from spreading. Think about all of the things that you touched today. The doorknob, the toilet, the table. Maybe you blew your nose in a tissue and then went outside to dig around in the dirt.

The best part of washing your hands is that it helps to keep you from getting sick from a cold or the flu. Remember these helpful tips when you wash your hands:

- Use warm water.
- Lather up the soap on both sides of your hands.
- It should take you as long as it takes to sing "Happy Birthday" 2 times.
- Rinse and dry well with a clean towel.



5. **Don't forget your nails (on your fingers and your toes).**

You might need an adult to help you trim your fingernails and toenails if you can't trim them. Use a nail clipper or a pair of nail scissors.

Fingernails should be trimmed straight across and a little rounded at the top. Having nicely trimmed nails can keep you from biting or picking at them, which can lead to infections. It's also a good idea to put lotion on your nails and cuticles often.

Because toenails are slowpokes (they don't grow nearly as fast as fingernails), they don't need to be trimmed as often. They should be trimmed straight across, which can be difficult, so you might want to ask a parent for help.

6. **Have your parents schedule a checkup for you.**

Checkups are a way to make sure you stay healthy. All kids 3 years of age and older should see their Primary Care Provider (PCP) once a year, even if they don't feel sick. PCPs are the main health care professionals who take care of you.



Don't forget the dentist.

You should see the dentist twice a year for a checkup and cleaning.

Got Medi-Cal? Get more.

UnitedHealthcare Community Plan serves over 6 million Medicaid members nationwide.



Choice of doctors

Have access to a wide range of doctors you know and trust.



\$0 copays

Pay nothing for covered services, plus no premiums or deductibles.



Transportation

Get rides to and from doctors' appointments and other medical visits.

Questions? We're here to help.

Call Member Services toll-free at **1-866-270-5785, TTY 711**
7 a.m. – 7 p.m., Monday – Friday.

UHCCommunityPlan.com/CA



UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities. We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, Monday through Friday, 7:00 a.m. to 7:00 p.m.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-270-5785, TTY 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-866-270-5785, TTY 711。