AmeriHealth Caritas
District of Columbia

Maya's Healthy Adventure

A story and activity book for children

by AmeriHealth Caritas District of Columbia (DC)



Meet Maya!

Eight-year-old Maya lives in DC with her parents and her brother, Jordan. She loves jumping rope at the park, riding her bike, and visiting the museums near the National Mall. Her and her family are AmeriHealth Caritas DC enrollees.

MY NAME IS

I'm ready to start my healthy adventure.

Maya's Healthy Adventure: Growing Strong

Weight Assessments, Nutrition, and Physical Activity

AmeriHealth Caritas District of Columbia

ACTIVITY SHEET #1



Maya's mom took Maya to visit her primary care provider, Dr. Green, for an annual well-child visit.

Dr. Green measured Maya's height and weight and listened to her heartbeat.

"You are growing well!" Dr. Green said. "Eating healthy foods and staying active helps your body stay strong."

Maya learned that healthy foods give her energy to learn, play, and grow. Dr. Green also reminded her to move her body every day.

After the visit, Maya and her family stopped at a farmers market. Maya picked bright red apples, crunchy carrots, and ripe bananas.

Later, Maya rode her bike around the neighborhood and danced to her favorite music in the living room.

She felt strong already!

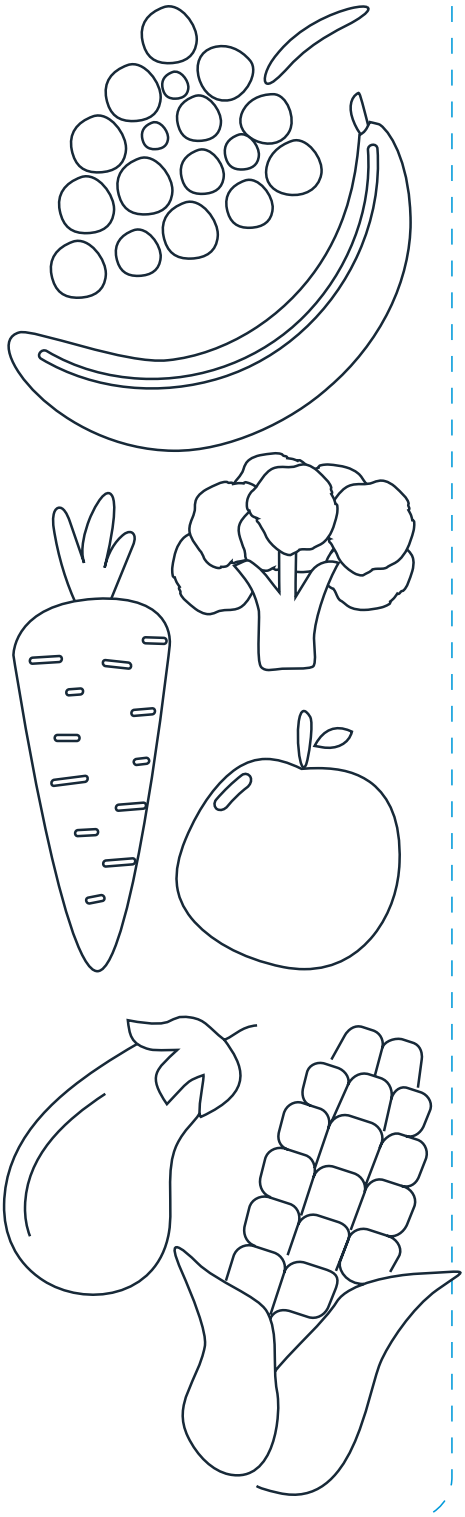


Maya's Healthy Adventure: Growing Strong

Weight Assessments, Nutrition, and Physical Activity

ACTIVITY SHEET #1

Color in the healthy foods!



Power Moves



- Eat fruits and vegetables every day.
- Drink water instead of sugary drinks.
- Play, dance, walk, or run every day.

Healthy Promise

Trace your hand and write one healthy thing you will do this week inside it.

Maya's Healthy Adventure: A Sparkling Smile

Oral Evaluation and Dental Services

AmeriHealth Caritas
District of Columbia

ACTIVITY SHEET #2



It was time for Maya to visit her dentist, Dr. Lee. The dentist helps find little problems before they become big problems.

Maya sat in the big chair while Dr. Lee looked at her teeth. Maya learned that brushing and flossing help keep germs away.

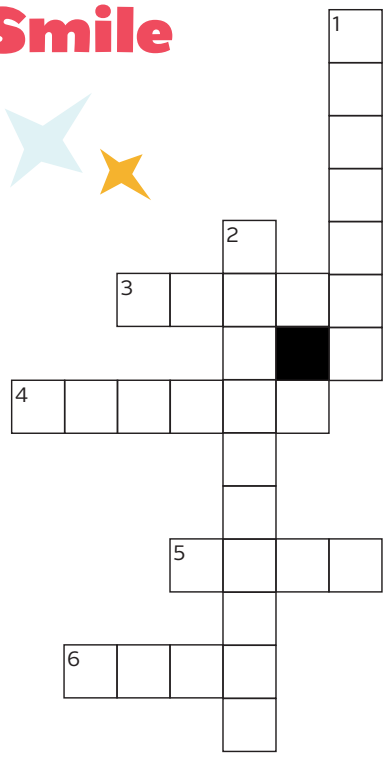






That night, Maya brushed her teeth for two whole minutes while singing her favorite song.

A Sparkling Smile



Down:

1. a tooth doctor you should see every six months
2. common tool used to clean your teeth

Across:

3. string used to clean between teeth
4. a hole in your tooth that you could get from eating too much candy
5. how dentists get a picture of the inside of your teeth
6. pink tissue surrounding the teeth

Power Moves

- Brush your teeth two times every day.
- Floss once a day.
- Visit the dentist every six months.

Draw Your Smile

Draw a picture of your biggest, brightest smile.

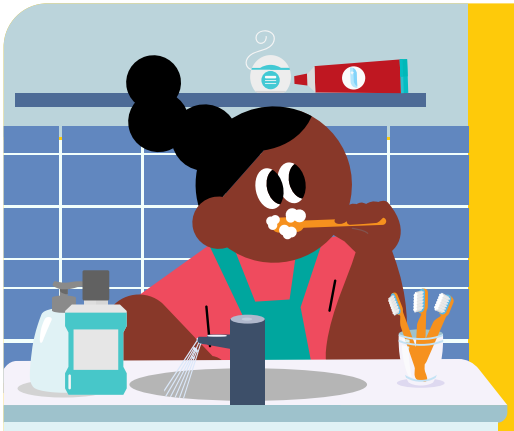


Image Search

Find and circle these items that Maya keeps in her bathroom to help her care for her teeth.

- ❒ Toothpaste
- ❒ Toothbrush
- ❒ Mouthwash
- ❒ Dental Floss

ANSWERS: 1. Dentist 2. Toothbrush 3. Floss 4. Cavity 5. Xray 6. Gums

Maya's Healthy Adventure: Super Shield Vaccines

Childhood Immunizations

AmeriHealth Caritas
District of Columbia

ACTIVITY SHEET #3

One afternoon in the fall, Maya had to go to the clinic for her flu vaccine.

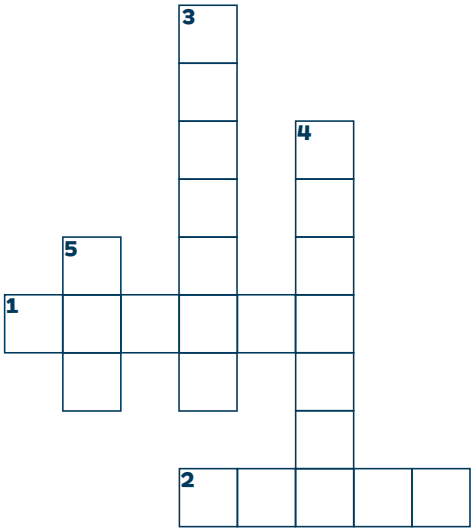
Maya was nervous, but the nurse explained that vaccines are like superhero shields for the body.

Maya took a deep breath and got her vaccine quickly. **It didn't even hurt!**

Afterward, Maya's mom gave her a sticker that said:



Health Hero
CROSSWORD



Across:

1. Where you might get a vaccine.
2. Someone who gives you a vaccine.

Down:

3. Superhero shield for the body.
4. What a nurse might give you after you get a vaccine.
5. A respiratory illness that you should be vaccinated for each year.

Power Moves

Vaccines help keep:

- You healthy.
- Your family healthy.
- Your school and community healthy.



Create your own superhero.

Draw yourself as a "**Health Hero**" with:

• A cape. • A shield. • Healthy superpowers.

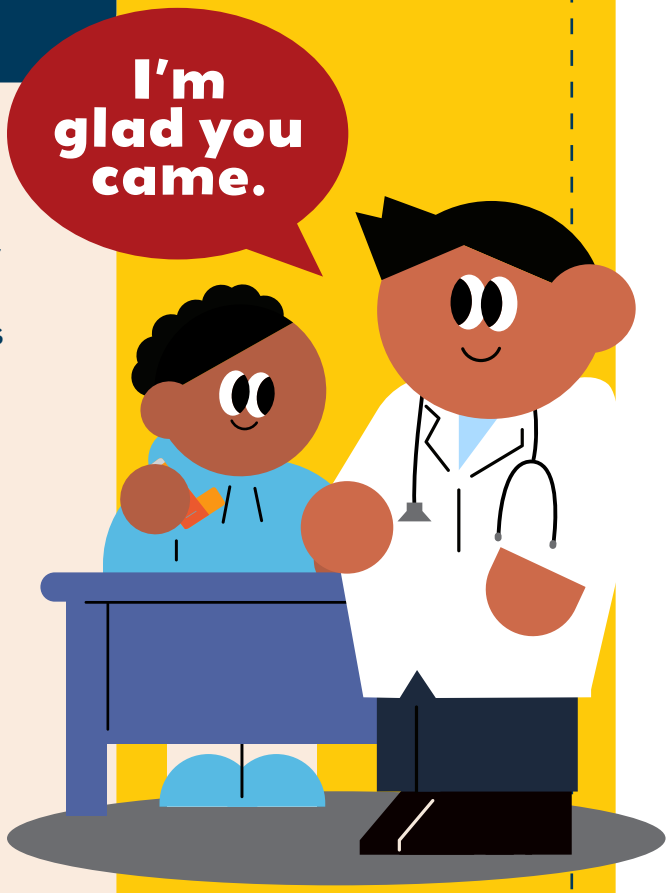
ANSWERS: 1. Clinic 2. Nurse 3. Vaccine 2. Sticker 5. Flu

Maya's Healthy Adventure: Breathing Easy

Follow-Up Care for Asthma

AmeriHealth Caritas District of Columbia

ACTIVITY SHEET #4



One spring day, Maya and her younger brother, Jordan, were playing outside. He started coughing. He said his chest felt tight, and it was hard to breathe.

Maya ran to get their mom who quickly took them to urgent care, where the provider said Jordan had asthma.

The provider gave Jordan medicine to help him breathe better.

A few days later, Jordan visited their primary care provider, Dr. Green, for a follow-up appointment.

"I'm glad you came," Dr. Green said. "Follow-up visits help us make sure your asthma is under control."

Dr. Green showed Jordan how to use his inhaler correctly and taught him to notice the signs when he needed help breathing.

Soon, Jordan was back outside playing with Maya.





Power Moves

If you have asthma:

- Take your medicine the right way.
- Visit your primary care provider after urgent care or hospital visits.
- Tell an adult if breathing feels hard.

Trace the Path

Help the air travel through the path to Jordan's lungs.



YOU DID IT!

The air made it to the lungs where it helps your body stay healthy and strong!

Matching

Draw a line to the word that will finish the sentence correctly.

1. An inhaler helps you _____. **healthy**
2. A doctor helps you stay _____. **adult**
3. If breathing is hard, tell a trusted _____. **breathe**

Maya's Healthy Adventure: Safe and Healthy Homes

Lead Screening in Children

AmeriHealth Caritas District of Columbia

ACTIVITY SHEET #5

At Maya's next checkup with her primary care provider, Dr. Green, they talked about lead screening.

"A lead screening is a simple test that helps keep children safe," Dr. Green explained.

Maya learned that old paint and dust can sometimes contain lead, which can make children sick.

The quick test helped make sure Maya was healthy and safe at home.



Power Moves

Lead screenings are important for young children. Ask your primary care provider or a parent if you have been tested.



Draw Your Healthy Home

Draw a picture of your safe and healthy home.



WORD Scramble

Unscramble the letters to find the word.

1. DAEL _____
2. TNAIP _____
3. STDU _____
4. SGINRCEEN _____
5. EOMH _____
6. FEAS _____

ANSWERS: 1. Lead 2. Paint 3. Dust 4. Screening 5. Home 6. Safe

AmeriHealth Caritas District of Columbia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex characteristics, including intersex traits; pregnancy or related conditions; sexual orientation; gender identity, and sex stereotypes (consistent with the scope of sex discrimination described at 45 CFR § 92.101(a)(2)). AmeriHealth Caritas District of Columbia does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex.

English
If you do not speak and/or read English, please call **1-800-408-7511 (TTY 1-800-570-1190)**, available 24 hours a day, seven days a week. A representative will assist you.

Español
Si no habla y/o lee inglés, llame al **1-800-408-7511 (TTY 1-800-570-1190),** línea disponible las 24 horas del día, los siete días de la semana. Un representante le ayudará.

አማርኛ፣
ኢንግሊዝኛን መናገር እና/ወይም ማንበብ የማይችሉ ከሆነ፣ እባክዎ በ **1-800-408-7511 (TTY 1-800-570-1190)** ይደውሉ፣ በቀን 24 ሰዓታት፣ በሳምንት ሰባት ቀናት ይገኛል። ተወካይ ይረዳዎታል።

Tiếng Việt
Nếu quý vị không nói và/hoặc đọc Tiếng Anh, vui lòng gọi **1-800-408-7511 (TTY 1-800-570-1190),** 24 giờ một ngày, bảy ngày một tuần. Sẽ có người đại diện hỗ trợ quý vị.

繁體中文
如果您不會講或讀英文，請致電 **1-800-408-7511 (TTY 1-800-570-1190),** 此電話每天 24 小時，每週 7 天開通。您將得到一位服務代表的協助。

한국어
영어를 말하거나 읽지 못하는 경우, 365일 24시간 이용 가능한 **1-800-408-7511 (TTY 1-800-570-1190)번**으로 전화하십시오. 직원이 도와드릴 것입니다.

Français:
Si vous ne parlez, ni ne lisez anglais, veuillez appeler au numéro **1-800-408-7511 (TTY 1-800-570-1190),** disponible 24 heures sur 24, 7 jours sur 7. Un représentant pourra vous aider.

All images are used under license for illustrative purposes only.
Any individual depicted is a model.

www.amerihealthcaritasdc.com

AmeriHealth Caritas District of Columbia

This program is brought to you by the Government of the District of Columbia Department of Health Care Finance

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR