



Register for the September **Coffee & Chat** webinar and join us on **Wednesday, Sept. 1 at 9 a.m.**

- This month's webinar will be all about entertainment!
- We'll recap *The Summer of Wellness* activities and events.
- Plus, we'll give away some random wellness prizes!
- Get ready to put yourself first in a month-long journey of self-care during Self-Care September. More details coming soon!



End of Summer Wellness Visits

Kids, teens, and young adult children have a lifetime ahead of them. And that's why now is the best time to help them make healthy choices—such as getting an annual check-up. This important step gives health care providers a chance to talk with kids about health issues and provide guidance.

Check-ups usually include screenings for:

- Blood pressure
- Hearing and vision
- Depression
- Healthy weight
- Immunizations
- Sexually transmitted diseases, if appropriate
- Tobacco and substance use

Knowing certain test results will help you and your health care provider better understand your child's health.

Additional Resources

- [Cigna](#) members
- [Kaiser Permanente](#) members
- [American Academy of Pediatrics](#)
- [Centers for Disease Control & Prevention](#)



Join Us and Win Big This Summer

Don't forget to participate in [*The Summer of Wellness*](#). We've planned a summer that checks all of the boxes to elevate your total well-being. Explore *The Summer of Wellness* activities and sign up for those that will help motivate and move you! Plus, you'll be eligible to win cool wellness giveaways.

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 245
Largo, MD 20774
LevelUp@co.pg.md.us

