

# Building Healthy Habits with Builder Bear

A coloring adventure  
for growing strong.



## **Dear Parents,**

Building healthy habits early in life creates a foundation for lifelong wellness. This coloring book introduces seven important habits through Builder Bear's adventures: eating colorful fruits and vegetables, drinking plenty of water, being active for 60 minutes daily, washing hands thoroughly, brushing teeth twice daily, limiting screen time, and getting enough sleep.

As you color and read together, these concepts become fun conversations rather than chores. Like building a sturdy structure, healthy habits develop one day at a time through consistency and care.

At Nomi Health, while we don't deliver healthcare directly, we're working to rebuild the healthcare experience by fixing the business of healthcare. Our mission is creating a more transparent, efficient, and affordable healthcare system for families like yours.

Thank you for sharing this coloring adventure with your child. Together, we're building a healthier future.



***Hi there! I'm Builder Bear!***

**I love building things—houses, bridges,  
and especially healthy habits!**

**Today, I need your help with my biggest project  
ever. Will you be my building buddy? We're going  
to build habits that make us strong and happy!**



***Every builder needs the right tools!***

**First, I need energy to build.**

**Hmm, I'm supposed to eat colorful fruits and vegetables, but I only like cookies.**

**Can you help me choose 5 different colored foods to try? Colorful foods help our bodies grow strong.**





***A good builder always stays hydrated!***

**I need extra water when I'm working hard.**

**Can you help me remember to drink 5 big cups of water today? Let's draw little drops on our water bottle each time we drink!**

***Every builder needs strong muscles!***

**I've been sitting while I plan my project  
and now I need to move.**

**Moving and playing for 60 minutes every  
day makes our bodies sturdy and strong.**

**Want to join me at the playground?**







***Uh-oh!***

**My paws got muddy while playing.**

**Clean tools work better, and clean hands  
keep us healthy!**

**Let's wash together for as long as it takes to sing  
our ABCs—that washes ALL the germs away.**

***Every builder maintains their important tools.***

**Brushing keeps our teeth strong and healthy.**

**Can you help me remember to brush for 2 minutes,  
morning and night? That's like singing  
Happy Birthday twice!**





***After working so hard, I'd like to watch some cartoons.*** But good builders know when to use screens and when to use imagination.

**Can you help me limit my screen time to 1 hour and find other fun ways to play and create?**

***The stars are out, but I'm not tired yet!***

**Wait—if I don't sleep enough, I'll be too tired to build tomorrow.**

**Our bodies grow and repair while we sleep!  
Can you help me get 10-12 hours of sleep tonight?**







***We did it!***

**We've collected all our tools for healthy habits together.**

**I hope you'll use these tools for healthy habits every day. Building healthy habits makes us strong and happy!**

# Healthcare rebuilt.

At Nomi Health, we're rebuilding the healthcare experience. Our four building blocks—direct provider networks, modern payments, transparent pharmacy benefits, and powerful analytics—work together to create a system that works better for everyone.

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