

## COWBOY MAC'S

# Tips For Back-To-School

August means back to school for kids – and for moms and dads as well. It's the same for Cowboy Mac and his tiny tikes, little Cowboy Mic and tiny Cowgirl May. Here are a few tips he has for how you can use your [Blue Cross Blue Shield of Texas \(BCBSTX\)](#) resources to help your youngsters start the school year off on the right foot.

### Schedule all checkups

#### 1. Visit your pediatrician:

Your doctor can help your child stay up-to-date on vaccines and screenings and address any health concerns.

#### 2. Get a dental cleaning:

If you have dental insurance, take advantage of the free cleanings and schedule a dental appointment before school starts.

#### 3. Check vision and hearing:

Make an appointment with the eye doctor. Your pediatrician can check for any hearing problems and refer to you an audiologist if necessary.

### Practice healthy routines

#### 1. Practice proper hygiene:

This includes handwashing, covering coughs, and sneezes, and teaching children not to share personal items.

#### 2. Monitor nutrition and hydration:

Make sure your child is eating a well-balanced diet and drinking enough water to stay focused and energized throughout the school day.

#### 3. Get regular exercise:

Encourage your children to play outdoors, join a sports team or dance class, or even just take a walk around the neighborhood.

### Benefits You Can Use

#### Employee Assistance Program

Take advantage of the Employee Assistance Program through [The Standard](#). You get **three free confidential sessions** per incident. Services include:

- Help finding tutors and childcare
- Support for common parenting challenges
- Support for children experiencing bullying, anxiety, or struggles at school

📞 Call **888-293-6948**

🌐 Visit [www.workhealthlife.com/standard3](http://www.workhealthlife.com/standard3)

#### BCBSTX Nurseline

If your child is sick, you can call the number on the back of your BCBSTX Member ID card 24/7 for immediate access to a registered nurse. This service is free!

