



## The Affordable Care Act (ACA): Prevention and Health Promotion for Everybody!

The Patient Protection and Affordable Care Act (or just ACA) includes a focus on preventing illness before it happens. The ACA provides affordable insurance options for children and adults with disabilities or pre-existing conditions who do not have health insurance. The ACA also requires many insurance plans to provide “well visits” and preventive care with no copays! That is a big change for many people.

Partner with your health care provider to get the preventive care you deserve, and take a lead role in promoting healthy choices and routines at home and where you live, work, and play.

### What Does it Mean to “Partner” with your Health Care Provider?

We are all used to having our health care providers give us information. Have you ever thought about what information you could give to your provider? When you partner with your health care provider, you share information that will help improve your health care.

Here are some ways you can be a good partner:

- ◆ Go to visits and check-ups prepared with a list of your questions and concerns.
- ◆ Tell your provider about your family situation, your culture, and your traditions.
- ◆ If your child is seeing a specialist for a special health care need, let your provider know about any recent visits or changes.
- ◆ Share information about resources, support groups, or other information specific to your child's special health care need or disability that you have found helpful. That information could help another family!
- ◆ As your child grows, help him or her learn to be a partner. Your child may have questions or information he or she wants to share with the provider.
- ◆ The Family Voices Bright Futures for Families Pocket Guide can help you know what to expect at well-child visits. You can help prepare your child for any expected shots or tests, for example.

For more information about the Pocket Guide, go to:  
<http://www.fv-impact.org/publications/pocket-guide/>

### ACA's Preventive Health Services for Children

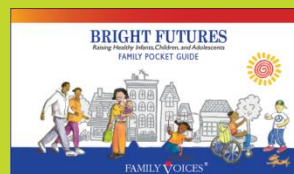
Most health care plans, including Medicaid, are now required to cover preventive health services from an in-network provider at no cost, including:

- ◆ Blood pressure screening
- ◆ Depression screening for adolescents
- ◆ Developmental screening for children under 3
- ◆ Hearing and vision screening
- ◆ Healthy weight screening
- ◆ Immunization vaccines from birth to age 18
- ◆ Oral health risk assessment
- ◆ Screening for anemia and other blood disorders
- ◆ Sexually transmitted infection prevention counseling and screening

Read more about these and other preventive health services now covered by the ACA here:

<https://www.healthcare.gov/what-are-my-preventive-care-benefits/#part=3>

If you have a child with special health care needs, you will still need to advocate for your child to ensure that he or she receives the treatment and services needed.



Coming Soon in  
Spanish!



## Prevention and Health Promotion Happens at Home!

To prevent illness and stay as healthy as possible, the ACA also focuses on Bright Futures health promotion activities and recommendations. Many of these activities happen at home or in the community, not in the doctor's office. What you do at home every day matters and will have lifelong impact on your family's health and well-being.

### The ACA and Bright Futures

The ACA has made Bright Futures the standard for pediatric care. Bright Futures is the name of an American Academy of Pediatrics program that is built on prevention and health promotion.

Bright Futures promotes health across 10 topics:

- ◆ Family Support ◆ Child Development ◆ Mental Health and Emotional Well-being ◆ Healthy Weight
- ◆ Healthy Food and Eating ◆ Physical Activity ◆ Oral Health ◆ Healthy Sexuality and Sexual Development ◆ Safety and Injury Prevention ◆ Community Resources and Relationships

For more information about the AAP's Bright Futures, go to [www.brightfutures.aap.org](http://www.brightfutures.aap.org)



### Simple Steps You Can Take on the Road to Healthier Lifestyles

There are lots of healthy things you and your family can do today. Even tiny steps add up! Here are just a few suggestions. What might work for you?

- ◆ Eat one more fruit and vegetable every day.
- ◆ If you have a farmer's market nearby, let your children help pick colorful fruits and vegetables.
- ◆ Make tooth brushing a family affair—everybody brushes at the same time!
- ◆ Put on some music and get your children to join you in a dance—make it silly, and make it fun.
- ◆ If you have a baby who is about to start crawling, get down on his level and make sure your room is safe.
- ◆ Let your children catch you doing healthy things—like eating that fruit, or reading a good book, or turning off the television.
- ◆ Go for a family walk.
- ◆ Talk to your children about little things and what they are interested in or worried about. It makes having talks about bigger things easier.

For more health and wellness ideas and resources for families, check out the Family Voices Project IMPACT website:  
[www.fv-impact.org](http://www.fv-impact.org)



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