



Dear Dad,

## Please Take Time to be a Healthy Dad Today.

- Fathers who model a healthy lifestyle can have a powerful and positive impact on the development and health of their children.
- Children who have actively involved fathers are more likely to have good health, to achieve academically, and to avoid drugs, violence, and delinquent behavior.
- Many health risks that men face can be prevented and treated with early diagnosis and by living a healthy lifestyle.
- Access to health care and preventive services can lead to a lifetime of quality time with your family.
- If you don't have health insurance coverage, call 1-800-318-2596 or visit [HealthCare.gov](http://HealthCare.gov) to sign up and get covered.





## Here how you can stay healthy and engaged with your family:

- Engage in physical activity with your children. Take a walk, go swimming or play catch. For more ideas, check out: [www.letsmove.gov/parents](http://www.letsmove.gov/parents).
- Eat and prepare healthy meals for yourself and your family. For recipes, visit: [www.myplate.gov](http://www.myplate.gov).
- Get covered by calling 1-800-318-2596 or by visiting [HealthCare.gov](http://HealthCare.gov) to get more information about the Affordable Care Act and health insurance options.
- Visit your local community health center to learn more about no or low-cost health care for you and your family.

To find a local center, visit [findahealthcenter.hrsa.gov](http://findahealthcenter.hrsa.gov).

Be a good role model – exercise regularly, eat right, quit smoking, and get covered.



1-877-4DAD-411 • [Fatherhood.gov](http://Fatherhood.gov)



[www.facebook.com/fatherhoodgov](http://www.facebook.com/fatherhoodgov)



[@fatherhoodgov](https://twitter.com/fatherhoodgov)