



An Introduction to

**KidsHealth<sup>®</sup>**



## Trusted content provider for family-friendly, age-appropriate health & wellness information

- Creators of **print, video, and online** resources about children's health & development
- **Physician-led**, professional, award-winning editorial group
- Expert in communicating with the whole family – **parents, kids, and teens** – in both **English and Spanish**
- KidsHealth comes from Nemours, one of the largest **nonprofit** organizations devoted to children's health

# KidsHealth: Engaging Health Media




## Health Information




**ENTER PARENTS**

Practical parenting information and news



**ENTER KIDS**

Homework help, games, and information for kids



**ENTER TEENS**

Answers, advice, and straight talk for teens

## CANCER CENTER



**treatment & prevention**  
Find out about different cancer treatments and therapies.

**dealing with feelings**  
Articles and tips on dealing with emotional issues.

**diagnostic tests**  
Information about common medical tests.

**CANCERBASICS**  
An informative guide for learning about cancer, including in-depth information on specific types of cancer, tumors, and blood disorders.

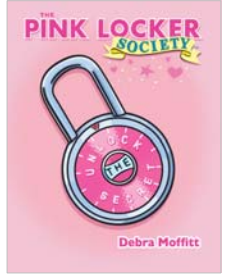
**body basics**  
All about basic human anatomy.

**DID YOU KNOW?**  
More than 100 types of diseases are known collectively as cancer.

**PERSONAL STORIES**

**Q&As**

**Words to Know**  
carcinoma  
chromosomes



# Hallmarks of KidsHealth Content

- Content for 3 distinct audiences (**parents, kids, and teens**) differentiates you and *makes an important impression with parents*
- Unbiased, **medically reviewed** content that is family-friendly, warm, & comforting with no "doctor-speak"
- Over **5,500+ articles** available with new content added regularly
  - a cost-effective solution for adding complete libraries of medically reviewed health & wellness information – in **English & Spanish**
  - allows you to easily feature seasonal and "in the news" topics, keeping your site **fresh and up to date**
  - includes search feature and hassle-free maintenance
- **Engaging** animations and robust graphics
- **Marketing support** provides the tools & know-how to maximize your license
- Variety of delivery options available, including XML & HTML presentation styles



# Hallmarks of KidsHealth Content



## Diabetes Control: Why It's Important

▼ What's in this article? (click to view)

- [When Diabetes Isn't Under Control](#)
- [The Benefits of Good Control](#)
- [How to Know if Diabetes Is Under Control](#)
- [Helping Your Child Control Diabetes](#)

You've probably heard your child's doctor talk a lot about "diabetes control," which usually refers to how close the blood sugar, or [glucose](#), is kept to the desired range. What does this mean and why is it important?

Lea este artículo  
en Español 

### When Diabetes Isn't Under Control

Too much or not enough sugar in the bloodstream can lead to short-term problems that must be treated right away, like [hypoglycemia](#), [hyperglycemia](#), or diabetic [ketoacidosis](#).

Too much sugar in the bloodstream also can cause



Robust graphics

“What’s in this article?” allows visitors to easily view and click to specific sections within the article

Toggle between English & Spanish versions

In-article animations

Top of article

# Hallmarks of KidsHealth Content

**Diabetes Control: Why It's Important**

What's in this article

understand and manage the challenges of diabetes and help your child avoid many of the problems associated with it.

Reviewed by: [Steven Dowshen, MD](#)  
Date reviewed: April 2009

[For Parents](#) [For Kids](#) [For Teens](#)

**MORE ON THIS TOPIC**

- ▶ [3-Day Food Diary](#)
- ▶ [Blood Glucose Record](#)
- ▶ [Long-Term Complications of Diabetes](#)
- ▶ [Medicines for Diabetes](#)
- ▶ [Monitoring Blood Sugar](#)
- ▶ [Other Diseases That Are More Common in People With Type 1 Diabetes](#)
- ▶ [Treating Type 1 Diabetes](#)
- ▶ [Treating Type 2 Diabetes](#)
- ▶ [Your Child's Diabetes Health Care Team](#)

[Print](#) [Send to a friend](#)

[Additional resources](#)

Current medical review

Fully indexed, including related articles for Parents, Kids, and Teens

Printer-friendly versions, additional resources & send to a friend

Bottom of article

# KidsHealth – For Parents

**Welcome Parents!**

**Daily Q&A**

**Is It OK to Have an Occasional Drink During Pregnancy?**  
I'm 3 months pregnant and don't drink very often but do like to have... [Read more](#)

**Kidney Diseases in Childhood**  
[READ ARTICLE ▶](#)

- ▶ News for Parents
- ▶ General Health
- ▶ Infections
- ▶ Emotions & Behavior
- ▶ Growth & Development
- ▶ Nutrition & Fitness
- ▶ Recipes
- ▶ Pregnancy & Newborns
- ▶ Medical Problems
- ▶ Q&A
- ▶ Positive Parenting
- ▶ First Aid & Safety
- ▶ Doctors & Hospitals
- ▶ En español

**Sign up for free parenting news**

**Diabetes Center ▶**

**Kids got a cold? ▶**

**¡Lea Nuestros Artículos en Español!**

KidsHealth – *For Parents* Provides medical, emotional, behavioral, and developmental information in an engaging, clear, and family-friendly style





# For Parents: Wellness Centers

**CANCER CENTER**

**treatment & prevention**  
Find out about different cancer treatments and therapies.

**dealing with feelings**  
Articles and tips on dealing with emotional issues.

**diagnostic tests**  
Information about common medical tests.

**body basics**  
All about basic human anatomy.

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An informative guide for learning about cancer, including in-depth information on specific types of cancer, tumors, and blood disorders.

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**PERSONAL STORIES**

**Q&As**

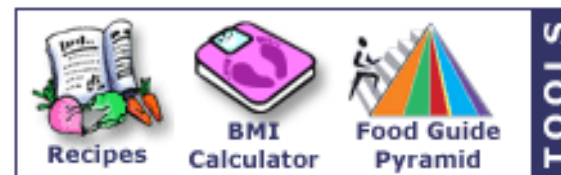
**Words to Know**

**TOOLS**

KidsHealth Wellness Centers provide information, tools, and practical advice to help both newly diagnosed families and those with ongoing disease-management issues.

KidsHealth Wellness Centers include:

- Asthma
- Cancer
- Diabetes
- Nutrition & Fitness
- Pregnancy & Newborns





# Wellness Centers: Nutrition & Fitness

## NUTRITION CENTER

[KidsHealth](#) > [Parents](#) > [Nutrition Center](#)

[Articulos en Español](#)



### HEALTHY EATING & YOUR FAMILY

Learn how to give your kids the nutrients they need at every stage of life, from newborns to teens and beyond.

**staying fit**  
Tips to get your kids motivated – and help them stay that way.



**exercise safety**  
Play it safe on the field, in the gym, or on the court.



**special dietary needs**  
Guidelines for kids with food allergies or other conditions that make them watch what they eat.



**weight & eating problems**  
Learn why it's important for your child to maintain a healthy weight.



**DID YOU KNOW?**  
Not all fats are bad. Unsaturated fats, in plants and fish, are a good replacement for saturated fats.



**HEALTHY RECIPES**



**Q&As**



**BMI CALCULATOR & TOOLS**



▶ Center for Kids ▶ Center for Teens

Practical tips, recipes, BMI calculator, and healthy ideas for the whole family – plus links to centers for kids and teens



# Wellness Centers: Pregnancy & Newborns

## PREGNANCY CENTER

[KidsHealth](#) > [Parents](#) > [Pregnancy Center](#)



### YOUR PREGNANCY

First-time mom or experienced pro? Either way, you've probably got questions about staying healthy and safe during pregnancy. Learn how to give your baby a healthy start.

[Articulos en Español](#)

#### preparing for parenthood

All you need to get ready for your new arrival.

#### childbirth

Learn what to expect on the big day and hear from moms who've been through it.

#### newborn care

Breastfeeding questions? Crankiness or colic? Get answers to all your concerns.

#### newborn health conditions

Learn what's no big deal and when your baby might need to see the doctor.

#### DID YOU KNOW?

Babies can recognize the sound of their mother's voice soon after birth.



#### PREGNANCY CALENDAR



#### Q&As



#### PREGNANT OR BREAST-FEEDING? RECIPES FOR YOU



Connect with expectant and new moms through KidsHealth's trusted, doctor-approved articles and resources





## ASTHMA CENTER

[KidsHealth](#) > [Parents](#) > [Asthma Center](#)



### ASTHMA BASICS

Was your child just diagnosed with asthma? Looking for a refresher on the basics?  
Get the info you need here.

[Articulos en Español](#)

### preventing flare-ups

Learn what causes flare-ups, or asthma attacks, and how to avoid them.



### medications & monitoring

Help your child control asthma and manage symptoms.



### asthma & allergies

Most kids with asthma have allergies. Learn how these conditions are related.



### living with asthma

Having asthma doesn't mean kids can't do the things they love.



#### DID YOU KNOW?

Rainstorms, as well as cold and hot temperatures, can trigger asthma flare-ups.



#### TOOLS



#### Q&As



#### Words to Know

pirometer  
exercise induced  
allergy  
rescue  
inhaler

▶ Center for Kids    ▶ Center for Teens

KidsHealth's Asthma Center includes an asthma movie, interactive features, printables, and dictionary – plus links to centers for kids and teens

#### Asthma Diary

A weekly journal to record your asthma symptoms, peak flows, and the amount of medicine you took.

	SYMPTOMS													
	Mon		Tue		Wed		Thurs		Fri		Sat		Sun	
	day	night	day	night	day	night	day	night	day	night	day	night	day	night
Cough														
Wheeze														
Breathing Problems														

#### Asthma Action Plan

Personal best peak flow: \_\_\_\_\_

##### IMPORTANT INFO

Name: \_\_\_\_\_  
Date: \_\_\_\_\_  
Doctor name: \_\_\_\_\_  
Doctor phone: \_\_\_\_\_  
Emergency contact: \_\_\_\_\_

##### EXERCISE-INDUCED FLARE-UP

Instructions for an exercise-induced asthma flare-up:  
Medicine: \_\_\_\_\_  
How much: \_\_\_\_\_  
When: \_\_\_\_\_  
Additional medications: \_\_\_\_\_

**TRIGGERS:**  pollen  mold  dust mites  pets  smoke  food  
 exercise  cold/flu  weather  air pollution

##### The GREEN Zone (also known as the safety zone)

Use these controller medicines as listed.

Symptoms:  Waking at night,  No cough or wheeze,  Can sleep through the night

Peak flow from:

##### The YELLOW Zone (also known as the caution zone)

Continue with controller medicines as above, and add these rescue medicines.

Symptoms:  Some shortness of breath,  Cough, wheeze or chest tightness,  Some difficulty sleeping,  Some difficulty doing normal activities,  Symptoms of a cold or flu.

Peak flow from:   Call your doctor at: \_\_\_\_\_


##### The RED Zone (also known as the danger zone)

Take this medicine and call the doctor now!


Symptoms:  Severe breathing problems,  Cannot do usual activities,  Difficulty walking and talking,  Rescue medicine is not helping.

Peak flow from:   If symptoms don't improve and you can't contact the doctor, go to the hospital or call 911.


Click below to hear each sound



Cough

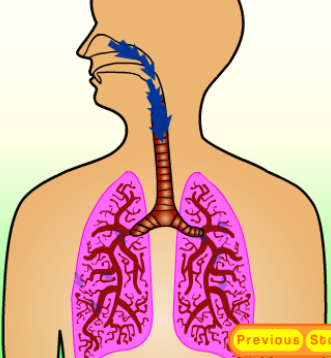


Wheeze




Stridor

#### What Happens During an Asthma Flare-Up?



Previous   Stop   Play   Next








# Diagnostic Tests & Procedures

## A Directory of Medical Tests

Taking a medical history and performing a physical examination usually provide the information a doctor needs to evaluate a child's health or to understand what's causing an illness. But sometimes, doctors need to order tests to find out more.

Lea este artículo en Español 

Here are some common tests and what they involve:

### Blood Tests

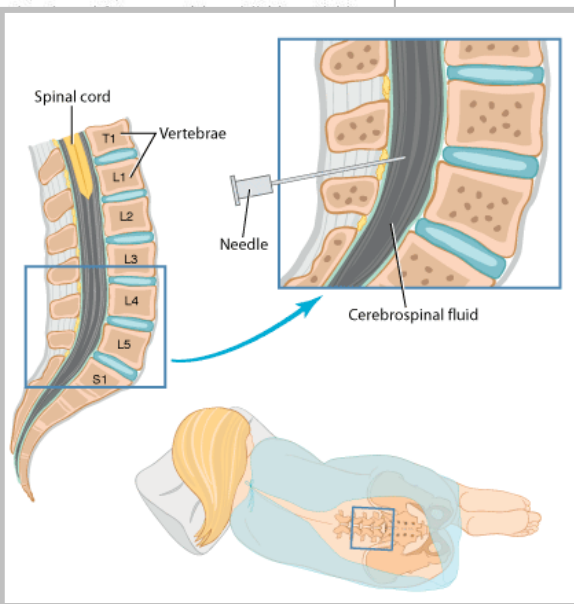
Blood tests usually can be done in a doctor's office or in a lab where technicians are trained to take blood. When only a small amount of blood is needed, the sample can sometimes be taken from a baby by sticking a finger with a small needle.

If a larger blood sample is needed, the doctor will clean the skin (usually the arm or hand), and will take more than one tiny drop of blood. The doctor will dry any blood left when the needle is removed.

Blood tests can be scary for some children. The presence of a needle during the procedure can be scary. Offering a stuffed animal or a favorite toy to your child that it may pick up can help. With younger kids, try counting together while the doctor takes the blood.

Common blood tests include:

- **Complete Blood Count (CBC)**: A test of different types of blood cells. If there are too many or too few of a certain type, a doctor can help to find out if there is an infection.



KidsHealth's suite of articles, illustrations, and videos about diagnostic tests and procedures helps families understand what to expect



## Medical Tests and Procedures

If your doc has you scheduled for medical tests, you might wonder what's involved. These videos show what happens in 10 of the most common medical procedures.



### Blood Test

Your blood gives doctors all kinds of clues about your health. It's normal to be nervous about this test — no one loves needles. But most blood draws take less than a minute.



### CAT Scan

CAT stands for "computerized axial tomography." Translated, that means a scanner takes computer pictures of what's going on inside your body. The scan itself is painless. All you'll need to do is hold still for a few minutes at a time so the pictures come out clear.



## Hey Kids! Click Below!

Dealing With Feelings

Staying Healthy

Recipes

Everyday Illnesses & Injuries

**NEW** How the Body Works

Kids' Talk

Growing Up

People, Places, & Things  
That Help Me

Kids' Health Problems

Watch Out

The Game Closet

Word! A Glossary of  
Medical Terms

Health Problems of Grown-Ups

En español



Why does feeling  
embarrassed make a  
person's face turn red?

[Click here for answer](#)



? What's New?  
for Kids ?

**YUMMY  
RECIPES**

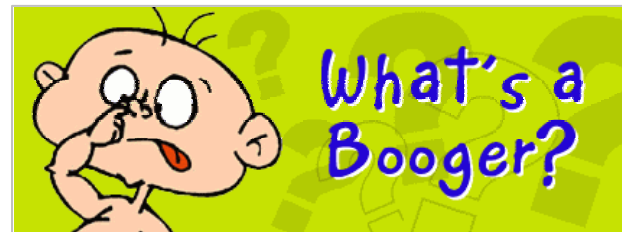
**Big  
QUESTIONS**

Are You  
Organized?

**GO!**

## KidsHealth – For Kids

Makes learning about health fun –  
providing health and wellness  
information in a colorful, friendly,  
engaging style and tone that appeals  
to kids ages 7-12



# For Kids: Movies, Games, Q&As, and More

## HOW THE BODY WORKS

HEALTHY TIP To strengthen your heart, get aerobic exercise - the kind that gets you huffing and puffing.

HOW THE BODY WORKS

### Time for Bed?

Click Here to Start

Chimpanzee

See the  
**How We Play**  
Scrapbook

Click Here

### THE SPELLING BEE GAME!

Play The Game ▶

### Personal Questions for girls

A Vegetarian Recipe  
Crunchy Veggie Wrap

### WHEN CAN I...

### Kids Ask Cal

Could I go pro someday?

PAUSED 0:00-03.735



# For Kids: Wellness Centers

## ASTHMA CENTER

KidsHealth > Kids > Asthma Center

Articulos en Español



**what's asthma?**  
Find out how asthma affects the lungs and breathing.



**medications & monitoring**  
Keep an eye on symptoms and manage asthma with medicine.



**sports, school & more**  
Take care of your asthma so you can do what you want to do.



**asthma movie**  
An asthma flare-up makes it hard to breathe. Watch what happens.

**animals, allergies & other triggers**  
What causes asthma flare-ups and how to prevent them.



**TRAVEL TIP:**  
When traveling, keep medications with you. Don't check them with airplane baggage or leave them at the hotel.

**Words to Know**  
asthma  
inhaler  
spirometer

**DAILY ASTHMA DIARY**

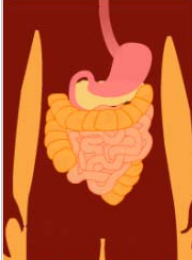
**KAT'S ASTHMA STORY**




## DIABETES CENTER

KidsHealth > Kids > Diabetes Center


Articulos en Español



**what you don't know about nick jonas**




**what's diabetes**  
Get the basics on this disease and its treatment.



**living with diabetes**  
Be active, eat healthy, and take care of yourself.

**diabetes movie**  
Diabetes affects the way the body gets energy. Watch what happens.

**medications & monitoring**  
Keep an eye on blood sugar and adjust your diabetes medicine.




**EATING OUT TIP:**  
Carry a pocket-sized book that lists the calories, carbohydrates, and fats in common foods.

**Words to Know**  
insulin  
blood glucose  
pancreas

**RECIPES**  
Get new ideas for healthy meals and snacks.

**DIABETES & nutrition**  
Eat right to stay healthy.



## NUTRITION CENTER

KidsHealth > Kids > Nutrition Center

Articulos en Español



**food & nutrition**  
Easy-to-follow advice on healthy eating.

**recipes**  
Fuel your body with delicious snacks and meals.



**special diets**  
Learn about food allergies and more.



**weight**  
We'll cheer you on to a healthy weight.



**mission nutrition**  
Snoop around the kitchen to find healthy snacks and drinks.



**FITNESS TIP:**  
Get 60 minutes of physical activity every day. If you can't do it all at once, be active in shorter spurts throughout the day.

**STAYING FIT**  
Being active = Having fun



**EXERCISE AND SPORTS SAFETY**  
Be safe and you'll prevent sports injuries.



**EAT LIKE A PRO**



## CANCER CENTER

KidsHealth > Kids > Cancer Center > Cancer Center

AAA  
Text Size Print



**treatment & prevention**  
Find out about different cancer treatments and therapies.



**dealing with feelings**  
Articles and tips on dealing with emotional issues.



**diagnostic tests**  
Information about common medical tests.



**cancer basics**  
An informative guide for learning about cancer, including in-depth information on specific types of cancer, tumors, and blood disorders.

**how the body works**  
All about basic human anatomy.



**Did You Know?**  
More than 100 types of diseases are known collectively as cancer.



**personal stories**



**Q&As**



**Words to Know**  
leukemia  
sarcoma  
chromosomes  
chemotherapy

KidsHealth's Wellness Centers – For Kids – include peer stories, tools, and practical advice to help kids understand and manage their condition from initial diagnosis through their daily challenges as they grow up



# TeensHealth – For Teens

## Hey Teens

Your Body

Your Mind

Sexual Health

Food & Fitness

RECIPES

Drugs & Alcohol

Q&A

Diseases & Conditions

Infections

School & Jobs

Staying Safe

En español

### featured article



Talking to Parents  
About Depression



WHAT'S NEW  
FOR TEENS? ▶▶▶

Is My Weight OK?



Living With  
Parents ▶

TeensHealth provides answers and advice on medical, emotional, behavioral, and developmental topics in a style and tone appropriate for teens



Eating Out  
When You Have  
**Diabetes**



Family  
Money  
Troubles



The Keys to Defensive Driving





KidsHealth's Spanish library includes more than 1,500 articles, games, and features for parents, kids, and teens

## Información para padres

### Secciones

- La salud general
- Las infecciones
- Las emociones y las conductas
- El crecimiento y el desarrollo
- La nutrición y la salud
- El embarazo y recién nacido
- Los problemas médicos
- Paternidad y maternidad positiva: ser mejores padres
- Las preguntas y las respuestas
- Seguridad y primeros auxilios
- Folletos de instrucciones



Guía para padres primerizos



Calendario semanal del embarazo

### Consejos

Es importante recordar que la fiebre en sí no es una enfermedad; la mayoría de los veces es síntoma de un problema subyacente.



Folletos de instrucciones

Directorio de traducciones

Para Niños 

Para Adolescentes 




## All About Allergies

Dust, cats, peanut grouping, but one allergies - a major United States. Up children, have son the loss of an esti



## Todo sobre las alergias

( [All About Allergies](#) )

Read this article  in English

El polvo, los gatos, los cacahuets, las cucarachas... Un grupo muy variado, pero una amenaza común: las alergias -una de las principales causas de enfermedad en

# Interactive Content

All 3 sections are packed full of interactive content, including videos, mini-movies, games, experiments, quizzes, calculators, recipes & more

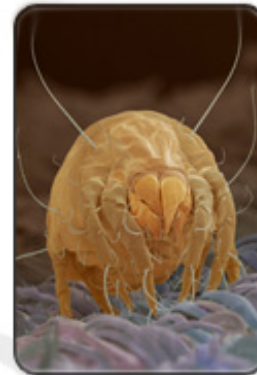


**Use this tool to plan your goal!**  
[Click Here](#)

Macromedia Flash needed



**Play Game**



**Clue:** There might be thousands of these in your teddy bear.

[FIND OUT WHAT IT IS](#)



**Click Here**


Macromedia Flash needed




**DRIVING PET PEEVES**




**BMI Calculator**



**Asthma Diary**

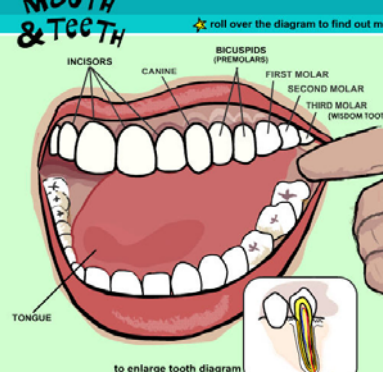


**Asthma Movie**



**Asthma Dictionary**

**TOOLS**



**MOUTH & TEETH**

roll over the diagram to find out more

INCISORS, CANINE, BICUSPIDS (PREMOLARS), FIRST MOLAR, SECOND MOLAR, THIRD MOLAR (WISDOM TOOTH), TONGUE

to enlarge tooth diagram [CLICK HERE](#)

Note: This diagram shows adult teeth.



# Seasonal & Timely Content



KidsHealth's seasonal and timely content keeps your site relevant and current — providing families with the resources they need to make healthy decisions all year long



Engaging printables are branded for you. Print, copy & distribute!

## Tick Bites



### Did You Know?

Lyme disease is carried by the deer tick or western black-legged tick. These ticks are harder to detect than dog ticks because they're much smaller (an adult tick is about the size of a sesame seed).

It's not uncommon to find a tick. While most tick bites are painless and don't require treatment, some ticks carry harmful germs.

## Emergency Contact Sheet

**FOR EMERGENCY SERVICES: DIAL 911**

The best time to prepare for an emergency is before it happens. Fill out this sheet and keep it near each phone. Update the sheet when necessary, and be sure to let family, babysitters, and others know that it is available.

### EMERGENCY NUMBERS

Poison Control Center: **1-800-222-1222**

Hospital Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Doctor's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Dentist's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Pharmacy Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Health Insurance Plan: \_\_\_\_\_

Policy #: \_\_\_\_\_ Phone: \_\_\_\_\_

### FAMILY CONTACT NUMBERS

Parents' Names: \_\_\_\_\_

Kids' Names: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mom Cell #: \_\_\_\_\_ Mom Work #: \_\_\_\_\_

Dad Cell #: \_\_\_\_\_ Dad Work #: \_\_\_\_\_

Emergency Contact 1

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency Contact 2

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_



In an emergency, call 911 or your child's doctor. Before your child gets sick, speak with your doctor about the best way to handle an injury, illness, or emergency.

Volunteer State Health Plan, Inc.

VSHP is a licensed HMO affiliate of BCBST.  
BlueCare Member Services: 1-800-468-9698  
www.vshpbn.com



## Bedtime Basics

Kids need plenty of sleep to rest their growing bodies and minds. But for many kids, bedtime is no fun, and for many parents, getting kids to go to bed – and stay there – can be frustrating.

### Quick Tips!

- Keep a consistent bedtime and soothing routine for getting to bed.
- Turn off the TV, video games, and computer at least 30 minutes before bedtime.
- Praise your child for staying in bed.

### Heading Off Bedtime Troubles

Make sure your child has everything he or she needs to get a good night's sleep, including:

- a regular bedtime
- a reminder to start winding down, about 30 minutes ahead of bedtime
- a place to sleep with comfortable temperature, ventilation, and a nightlight
- a bedroom without a TV or video games
- a trip to the bathroom to use the toilet, wash up, and brush teeth
- a consistent bedtime routine that includes soothing activities, such as storytime
- a glass of water or any necessary medications
- a reminder to stay quiet and in bed, and a final goodnight from you
- praise the next morning for staying in bed



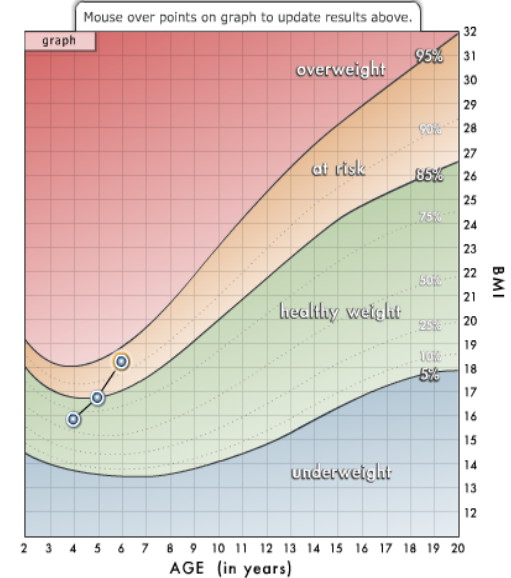
### When Your Child Won't Stay in Bed

- Return your child to bed right away.
- If your child cries or protests, wait a few minutes, then go back to check on him or her.

Miami Children's Hospital  
3100 S.W. 62nd Avenue  
Miami, Florida 33155  
(305) 666-6511 or toll-free 1-800-432-6837  
Physician referral: 1-888-MCH-DOCS  
Email: info@mch.com



### Body Mass Index (BMI) Charts



This growth chart shows BMI percentiles from the Centers for Disease Control and Prevention (CDC). Your BMI is shown as a point on the chart. If you entered more than one set of measurements, you will see one point for each measurement. Move your mouse over any point to see the BMI number and, on the percent bar above, the related percentile.

KidsHealth



# Value-added Marketing Support

**KidsHealth**  
Partner Resources

Search Here...

Content Overview eNewsletters Promo Tools Clinical Custom Solutions Contact Us

## Partner Resource Center

Welcome to the KidsHealth Partner Resource Center - a suite of tools and resources developed to help maximize the value of your KidsHealth partnership. New items are added regularly - so bookmark this page and check back anytime you're looking for great marketing ideas.

**KidsHealth PARTNER EXPRESS**  
Are you receiving KidsHealth Partner Express? If not, please [contact us](#) to make sure we have your current email address on file, and [click here](#) to see what you missed!

Content Overview eNewsletters Promo Tools Clinical Custom Solutions Contact Us

KidsHealth's Partner Resource Center provides value-added marketing support and custom solutions, including content-based promotional ideas, tools to maximize your ROI, and more

**Visit: [kspartner.kidshealth.org](http://kspartner.kidshealth.org)**

*"It (partner resources) is like having an additional member on staff. You do my job for me! Thank you!"*

*Partner feedback from the KidsHealth Partner Satisfaction Survey*



# KidsHealth Plus

In addition to KidsHealth's award-winning online content, KidsHealth also creates custom solutions for specialized services, including:

- eNewsletter programs
  - Print education
  - Video
- Custom campaigns to reach targeted audiences
  - *And more...*





For questions, contact your  
KidsHealth customer service  
representative:

**Ryan Biliski**

*Partner Relations Liaison*  
biliski@KidsHealth.org  
(302) 651-4046

**Angela Kates**

*Partner Relations Liaison*  
kates@KidsHealth.org  
(302) 651-4349

**Jeffrey Santoro**

*Director, Business Development & Marketing*  
santoro@KidsHealth.org  
(302) 651-4106

**Kira Theesfeld**

*Director, Partnerships*  
theesfeld@KidsHealth.org  
(908) 232-5323