

Taste The Apple

COMMUNITY HEALTH AND WELLNESS FESTIVAL

Celebrate TASTE The APPLE, a FREE Community Health & Wellness Festival for families!



Saturday, October 16, 2010

11 am to 3 pm, Rain or Shine

The Children's Aid Society

Dunlevey Milbank Campus

14-32 West 118th Street

Between 5th and Lenox Avenues

Join EmblemHealth and HIP4Kids for a day filled with fun and healthy activities for the whole family.

Please call **1-888-447-5451** with any questions you may have about this event.



Group Health Incorporated (GHI), HIP Health Plan of New York (HIP), HIP Insurance Company of New York and EmblemHealth Services Company, LLC are EmblemHealth companies. EmblemHealth Services Company, LLC provides administrative services to the EmblemHealth companies.

✂ TEAR HERE

Bring this coupon to the EmblemHealth-HIP4Kids Tent and GET YOUR FREE GIFT!

A health care professional will calculate your child's BMI and fill out this coupon with you. Once completed, we will give you a FREE pedometer (step counter) as our way of saying thanks for taking steps toward good health!*

Date of Service: _____ BMI %: _____ Member ID: _____

Counseling for Nutrition: ☐ Yes ☐ No Counseling for Physical Activity: ☐ Yes ☐ No



Name of Physician

Physician Signature or Office Stamp

Phone #

Date

*You or your child must be an active HIP Health Plan of New York member at the time of service to receive this wellness incentive. If you can't join us on October 16, take this coupon to your child's pediatrician and send the completed coupon back to us in the enclosed postage-paid envelope. We will send you your FREE pedometer within 6 to 8 weeks.

FUN FOR THE FAMILY

Hands-on cooking demonstrations with HIP4Kids team chefs. You and your kids will learn easy-to-make recipes that are low cost, low calorie and taste great. Join the fun and win HIP4Kids cooking gear!

Become more informed — stop by the EmblemHealth booth. Learn about body mass index (BMI). Get a free BMI screening to see if your child's weight is right for his or her height. Bring the coupon below with you to the festival so we can record your child's BMI.

As a HIP member, you'll receive a FREE pedometer (step counter) for having the coupon below completed at the festival.

FUN FOR THE KIDS

Enjoy hands-on tips and activities. Healthy living experts will get you and your kids moving with basketball drills, yoga demonstrations, green fitness and more.

Enter the "Why Healthy Living is HIP" Art Contest. Before the festival, have your child create artwork showing ways kids and adults can be healthy. Bring it with you and enter it in the "Why Healthy Living is HIP" Art Contest. A Grand Prize will be awarded for best entry.

Join Poi-Arts and learn some new moves. Professional dance and fitness experts will teach your child movements to keep fit.

FUN FOR YOU

SAVE, SAVE, SAVE by going green. Shop your local Green Markets for farm-fresh foods right at the festival!

Look for us at the Urban Go Green Expo on Saturday, October 23 . Pope Auditorium at Lincoln Center.