



healthy choices



live well. be well.

Summer

Children's Health and Safety

Keep Hydrated

When playing outdoors in the summer heat be sure to drink lots of water to avoid dehydration.

Do You **KNOW** ?

Dehydration is when your body loses water from too much physical exertion or illness.



Sun Protection

Be sure to apply sunscreen regularly, when spending time outdoors.

Do You **KNOW** ?

You can get sunburned even on a cloudy day.



Bike Safety

Always wear a helmet when riding your bike, skateboard or scooter.



Do You **KNOW** ?

A bicycle helmet can reduce the risk of a head injury by up to 85%.

Water Safety

Parents and caregivers play a key role in protecting children from drowning. When kids are in or near water, closely supervise them at all times.



Do You **KNOW** ?

1,800 drownings are reported in the U.S. annually.

ABSOLUTE SOLUTIONS NATIONAL IMAGING NETWORK

When your doctor orders a MRI, CT, or PET scan, simply call an Absolute Solutions representative and access this convenient and cost-saving benefit.

To save money on diagnostic imaging services:
Call 800.321.5040 to begin the new referral process.

DOWNLOAD THE **APP** ABSO DX APPLICATION



iOS users (Apple)

Go to the App Store on your Apple device

In the search bar type: ABSO DX

Select "GET" and approve download if necessary

Select "OPEN" once App has completed it's download



Android Users

Go to the Play Store on your Android device

In the search bar type: ABSO DX

Select "INSTALL" and approve download if necessary

Select "OPEN" once App has completed it's download

Medical Benefits

If you qualify for medical benefits and require diagnostic radiological service you will be able to receive necessary MRI, CT, and PET scans at

NO OUT -OF-POCKET COST through the Welfare Fund's partnership with Absolute Solutions.

If you have any questions or run into any issues with the ABSO App please contact support at mobile@absolutedx.com.