



SELF-CARE FOR CHILDREN AND TEENS

Recognising mental health challenges in children and teens is essential for their overall wellbeing. Caregivers play a vital role in supporting emotional health by fostering healthy routines, encouraging open communication, and providing reassurance.

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WHAT YOU NEED TO KNOW ABOUT THE DAY-SURGERY NETWORK

If you need a day-surgery procedure, go to a provider in the Fund's Network. Use the MaPS tool on our website to find the nearest provider. For complex cases or procedures needing a longer stay, a clinical exceptions process will apply.

[FIND OUT MORE](#)



HOW MUCH DO YOU REALLY KNOW ABOUT DIABETES?

You probably know someone who has diabetes or prediabetes. Diabetes is a long-term condition that happens when your body doesn't make enough insulin or can't use it properly. It's usually managed with a combination of medicine and a healthy lifestyle.

[FIND OUT MORE](#)

