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We would like to share an exciting new way for you to receive free information about your health and the health of your baby. The Department of Health and Welfare has joined with the National Healthy Mothers, Healthy Babies Coalition to tell you about **Text4baby**. **Text4baby** is a free health text messaging service for pregnant and new moms. Even if you don't have a texting package for your cell phone, you can get three free text messages each week with tips and the latest health information to help you take good care of yourself and your baby.

The text messages talk about things like healthy eating, prenatal care, labor and delivery, breastfeeding, caring for your baby, and much more. **Text4baby** messages also tell you how to find services you need while you are pregnant and after your baby arrives.

To sign up, text **BABY** to 511411 (or **BEBE** for Spanish) or visit www.text4baby.org. You'll be asked to enter your baby's due date or your baby's birthday and your zip code. You will start receiving free text messages with tips for your pregnancy or caring for your baby that are timed to your due date or your baby's birth date. Once you have your baby, be sure to text **UPDATE** to 511411 with your baby's birthday so you keep getting messages until your baby's first birthday. If you want to stop receiving messages at any time, text **STOP** to 511411. Enroll today!



**She's one smart mom
She's got **text4baby****

Text **BABY to 511411**
Get **FREE messages on**
your cell phone to help you
through your pregnancy
and your baby's first year.

 A free service of the
National Healthy Mothers,
Healthy Babies Coalition

text4baby text4baby.org

Participating carriers include Alltel, Assurance Wireless, AT&T, Boost Mobile, Cellular South, Cellocom, Centennial Cellular, Cincinnati Bell, Cricket, Metro PCS, N-Telos, Sprint Nextel, T-Mobile, U.S. Cellular, Verizon Wireless, and Virgin Mobile USA. If you believe you have been charged for text4baby messages in error, please contact your service provider.