NEW MOBILE PHONE HEALTH SERVICE

"TEXT4BABY"

FREE

FOR NEW MOMS DURING PREGNANCY AND THRU BABY'S FIRST YEAR

Receive 3 free text messages on your cell phone per week on various topics such as:

- Birth defects prevention
- Immunization
- Nutrition
- Smoking cessation
- Breastfeeding
- Car seat safety
- Seasonal flu vaccination
- Mental health
- Oral health
- Safe sleep
- Prenatal and infant care services
- Community resources
- And more

HOW DO YOU SIGN UP?

Simply text BABY to 511411 (or BEBE for Spanish)

Refer to website www.text4baby.org Sponsored by: Virginia Department of Health