

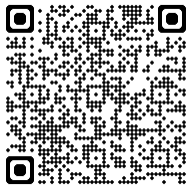
MIHP EDUCATIONAL TOOLS

Guidance and resources for you and your family during pregnancy and infancy

MIHP EDUCATION PACKET* (Information & Resource Packet)

Information to support MIHP families throughout pregnancy and infancy, along with helpful resources and links to state programs.

[English](#)



[Spanish](#)



[Arabic](#)



*The MIHP Education Packet is also available in a printed format.

PREGNANCY+ (Phone Application)

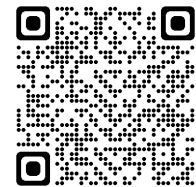
Receive expert advice throughout pregnancy with daily articles, healthcare tips, and interactive 3D models for tracking development. Michigan users will also receive tailored information to improve access to programs across the state.



Download or Learn More: Visit [Pregnancy+](#) or scan the QR code.

TEXT4BABY (Free Text Messages and/or Phone Application)

Sign up for Text4Baby to receive free text messages, and/or download the Text4Baby App. Receive health and safety tips, baby's growth during pregnancy, an appointment tracker, and more.



Sign Up For Free Text Messages: Text **"BABY"** to **511411**

Download or Learn More: Visit [Text4Baby.org](#) or scan the QR code.

WHAT TO EXPECT (Phone Application)

Personalized content with pregnancy tips, baby's growth during pregnancy, and more information throughout baby's first year of life.



Download or Learn More: Visit [WhatToExpect](#) or scan the QR code.