



# YOUR BABY HAS YOU, YOU HAVE **TEXT4BABY**.

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Get three **FREE** messages a week to guide you through your pregnancy and baby's first year. Text4baby delivers tips and info—through text messages and a free app—covering a wide range of pregnancy and baby health topics, including safety, immunizations, nutrition, safe sleep, developmental milestones and more. You can also get free appointment reminders. Simply text **REMIND** (or **CITA** for Spanish) to **511411** and enter your appointment date and time.

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