

A text a day keeps the doctor away.

Change your health, change your life with health and wellness texts.

Txt4Health is here to help you be the healthier, happier person you want to be by reducing your risk of diabetes and other health-related issues. This free mobile health program* offers a health risk assessment and encouraging, personalized wellness tips via text messaging to help you succeed. It's like a personal health coach in your pocket looking out for you.

HOW IT WORKS:

- 1 Text the word HEALTH to 300400.
- 2 You'll immediately receive a text message so you can begin creating your profile.
- 3 txt4health will assess your health based on your honest answers.
- 4 You'll get 3-4 text messages weekly with health tips, wellness goals and even news from your local health community to help you reduce your health risks and feel better.



Did you know?

- 73,818 Cincinnatians suffer from diabetes
- 29% are obese. A major risk factor for diabetes and other diseases

txt4health will help you reduce your diabetes risk while assisting you with setting and reaching goals for weightloss, exercise and lifestyle changes.



Get healthier — one text at a time.

*The program is free, but standard text messaging charges may apply. You can stop the program at anytime by texting STOP to 300400.