

# 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 type 2 diabetes and other health-related issues. This free\* mobile health program offers a health risk assessment and encouraging, personalized wellness tips 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 to 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 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 helps people reduce type 2 diabetes risk while assisting with setting and reaching goals for weight loss, exercise and lifestyle changes.*



\*Signing up for txt4health is FREE but standard text messaging rates do apply. For terms & conditions visit [www.txt4health.com](http://www.txt4health.com). Text 'STOP' to discontinue messages or 'HELP' to receive assistance.

Get healthier—one text at a time.