

What is the Virtual Coach?

The Virtual Coach sends helpful information, support and encouragement via text message when it's needed most.

HOW DO I ENROLL?

Text **BABYNJ** to **52046**

to fill out the online enrollment form and start receiving valuable information and resources related to:



17P Support & Motivation



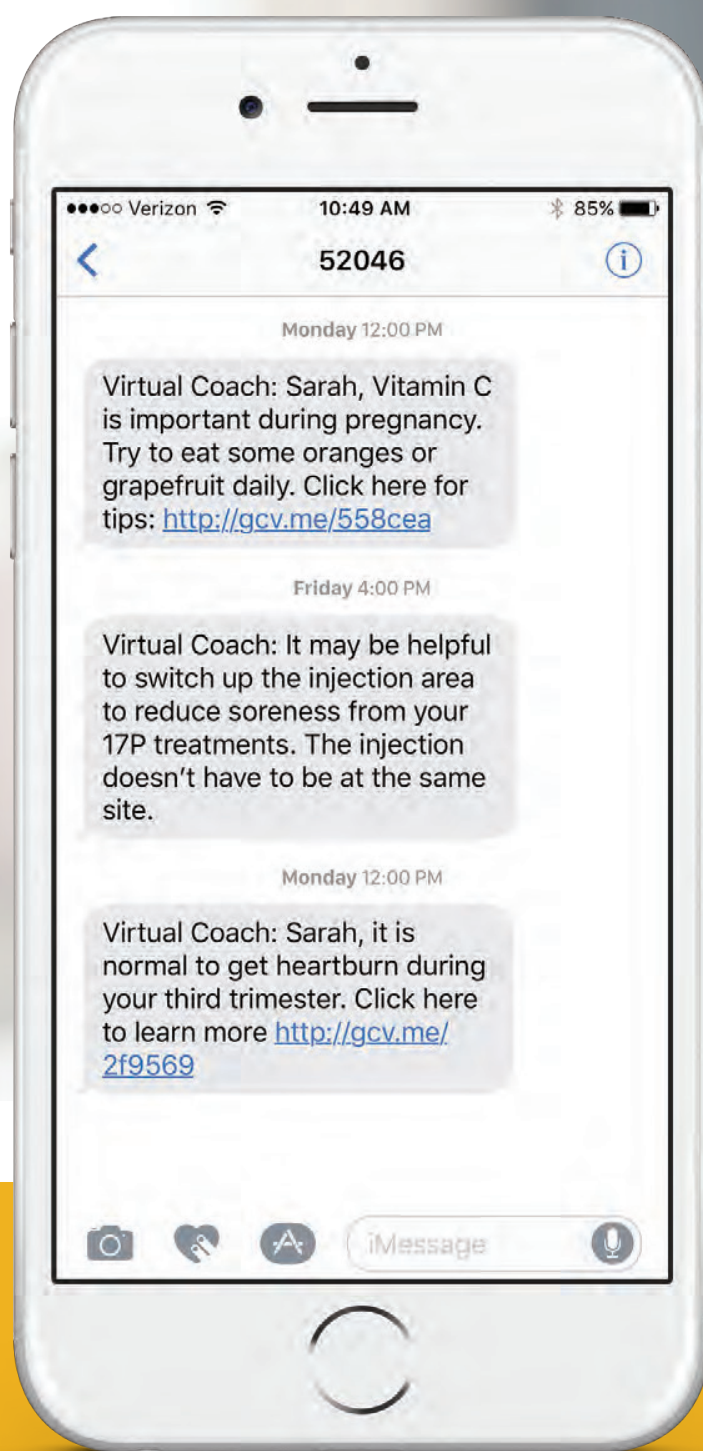
Movement & Exercise Tips



Healthy Eating Habits



Preparation for Birth



ADDITIONAL FEATURES INCLUDE:

ON-DEMAND MOTIVATION

Text the keywords below to **52046** to receive an in-the-moment message that:



SMILE:
Provides a light-hearted joke



HOPE:
Uplifts and motivates



SONG:
Contains lyrics from an inspiring song

