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ACHS PARTNERS WITH NEW HAMPSHIRE DEPARTMENT OF HEALTH AND HUMAN SERVICES ON FREE MOBILE HEALTH SERVICE

Littleton, NH – Ammonoosuc Community Health Services, Inc. announces that it will join the New Hampshire Department of Health and Human Services (DHHS) in launching the text4baby initiative as an outreach partner. Text4baby is a free mobile information service that provides timely health information to pregnant women and new mothers from pregnancy through a baby’s first year. If you are pregnant or have a child under the age of one you can sign up by texting BABY (or BEBE to receive messages in Spanish) to 511411.

Along with four other community programs across the State, ACHS will hang text4baby posters and hand out flyers to participants in their clinics and encourage women to sign up. Mothers who sign up for the service receive three free text messages each week timed to their due date or baby’s date of birth. These messages focus on a variety of topics critical to maternal and child health, including breastfeeding, immunization, nutrition, seasonal flu, mental health, smoking cessation, oral health, and safe sleep. Text4baby messages also connect women to prenatal and infant care services.

“We are excited to team up with DHHS on this coalition and help distribute text4baby posters and flyers,” said Ed Shanshala, Executive Director at ACHS. “We provide many services to young pregnant women and new mothers at Ammonoosuc Community Health Services, Inc. Using the latest technology, such as texting, will help us provide critical health information to young woman. “ACHS is proud to be an outreach partner of text4baby, which promotes healthy pregnancies and healthy babies for New Hampshire families.”

Text4baby is an educational program of National Healthy Mothers, Healthy Babies Coalition (HMHB). There are currently over 25,000 recipients in the U.S. registered for the free health text messages. Although the messages are specifically targeted for pregnant and new moms aged 18-25, older women and dads are welcome to subscribe. There is no cost to the subscriber, regardless of their individual wireless phone plan.

To join the coalition in New Hampshire, send an email to text4baby@dhhs.state.nh.us. For more information about the program, visit www.text4baby.org.

Founded in 1975, ACHS is a nonprofit community health center offering a network of affordable primary health services and serves 26 New Hampshire towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. Our clinical teams provide comprehensive services on a sliding fee scale to over 10,000 patients. For more information, visit www.ammonoosuc.org. ACHS is accepting new patients, call 1-866-201-5076.