



A family approach to better health.

What is the Healthy Families Program?

- It is an education and health monitoring community resource designed to establish a home-based support network for families and friends.

How Does it Work?

- The Healthy Families Registry Team will provide families with personalized educational advice that aims to improve their health through the use of the email, cell phone and postcards.
- Families enroll in the Healthy Families Registry on the Internet, with a cell phone or by postcard.

**To register or learn more
about the program**

Text HEALTHY to 25827

or go to:

www.hfstx.org



**Driscoll Children's
HEALTH PLAN**

Program Goals:

- To improve self-care for families by increasing their knowledge of better lifestyle choices.
- To provide the Healthy Families community with ongoing support and encouragement.
- To extend access to care into their home.

Benefits:

- Understanding how to take care of yourself just got easier.
- Allows you to spend less time online; saves time so you can enjoy the funner things in life.
- Get support from your friends and family while you get to return the favor.

If you sign up you get:

- healthy information specifically tuned to address the residents of South Texas.
- not just a website - hfstx is centered on you (participate via your phone, email and a home delivery option (home delivery for residents in specific zip codes).
- a connection to people you know and trust.