

Choose Health LA Moms

Text LAMOMS to 55000

FREE text messages to help new moms
get to a healthy weight

How does Choose Health LA Moms work?

- Postpartum women **text LAMOMS to 55000***
- Moms receive 3 text messages per week for 3 months
- Program promotes breastfeeding, walking, and drinking water
- Text messages link to online lessons with information and resources
- Additional online resources on social determinants of health
- On average moms lost 96.4% of their pregnancy weight after 3 months in the program**
- **All postpartum women are eligible**; no income requirement

What can you do?

- Promote Choose Health LA Moms with your pregnant and postpartum patients
- Post flyers and distribute booklets available on the website: ph.lacounty.gov/LAMoms
- Encourage enrollment soon after delivery: **text LAMOMS to 55000**

Contact LAMoms@ph.lacounty.gov or (213) 639-6416

* Message and data rates may apply



ph.lacounty.gov/LAMoms