## All About H3 Healthy You, Healthy Pregnancy, Healthy Baby

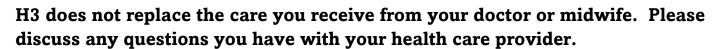


## What is it?

H3 is a free and voluntary digital program to promote health and wellness during pregnancy. Each of the 6 sessions take 5 to 10 minutes to complete and focus on:

- Managing weight gain during pregnancy
- Healthy eating
- Exercise
- Problem solving
- Goal setting
- Maintaining healthy behaviors

You will complete 1 session per week for 6 weeks.



## How do I access it?

Contact the H3 team at <a href="https://hst.org">h3pregnancyproject@hfhs.org</a> for access to the program. You can do the sessions through your smartphone or a computer.

## Questions?

Email us at h3pregnancyproject@hfhs.org.

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