

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.

H3 does not replace the care you receive from your doctor or midwife. Please discuss any questions you have with your health care provider.

How do I access it?

Contact the H3 team at h3pregnancyproject@hfhs.org for access to the program. You can do the sessions through your smartphone or a computer.

Questions?

Email us at h3pregnancyproject@hfhs.org.