

Working together  
to improve  
the health of  
Hawai'i's mothers,  
babies and  
their families.



Healthy Mothers  
Healthy Babies  
Coalition of Hawai'i

Phone

(808) 737-5805

Address

845 22<sup>nd</sup> Avenue  
Honolulu, HI 96816

Email

info@hmhb-hawaii.org

MothersCare Line

O'ahu (808) 951-6660  
Neighbor Islands (888) 951-6661

Text4Baby

Text BABY (BEBE para español) to 511411



With you every step of the way –  
before, during and after pregnancy.



Healthy Mothers Healthy Babies Coalition  
of Hawai'i is a member of the National  
Healthy Mothers Healthy Babies Coalition.

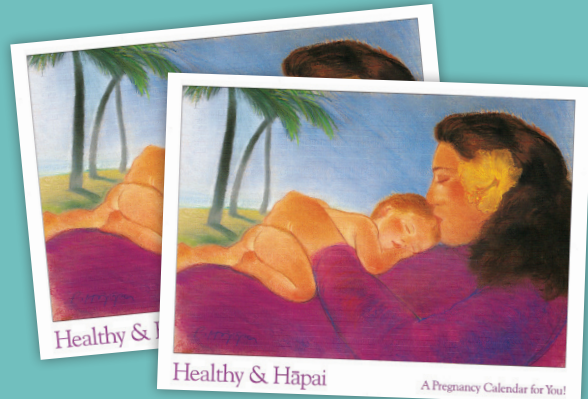
# HEALTHY MOTHERS HEALTHY BABIES • COALITION OF HAWAII'I

## About HMHB Hawai'i

Healthy Mothers Healthy Babies Coalition of Hawai'i (HMHB) is a local nonprofit organization committed to improving Hawai'i's maternal, child and family health through collaborative efforts in public education, advocacy and partner development.

## Healthy and Hāpai

*"A Pregnancy Calendar for You!"*



HMHB provides free pregnancy calendars to help women keep track of and maintain a healthy pregnancy.

To receive a free pregnancy calendar, call 951-6660 on O'ahu or (888) 951-6661 on the Neighbor Islands.



Click



Text



Call



## Click

Visit our website to find information on birthing, breastfeeding, health insurance and other resources to take you through pregnancy, infant care and parenting. With the easy-to-use directory on the website, you can search for resources by island and category.

Visit [www.hmhb-hawaii.org](http://www.hmhb-hawaii.org)

## Text



By signing up for text4baby women are able to receive free health tips to their mobile phone throughout their pregnancy and baby's first year. Get messages on topics like prenatal care, labor signs, nutrition, breastfeeding, baby's development and more.

Text BABY to 511411 (BEBE para español) or for information, visit [www.text4baby.org](http://www.text4baby.org).

## Call

HMHB has a free and confidential MothersCare telephone line for mothers and mothers-to-be. Women can ask questions about their pregnancy, prenatal care, pregnancy testing, medical insurance, breastfeeding, childcare, parenting, support services and more.

O'ahu (808) 951-6660  
Toll-free for Neighbor Islands (888) 951-6661