



What is Healthy SPARK?

A free text message program to support you through various stages of pregnancy, new motherhood and life with your child by sending helpful tips and information.

How to Enroll

Contact Mandy Reinhart at St. Vincent Healthcare **(406) 238-6010** to enroll.

POWERED BY:  GOMOHEALTH®

You will receive text (SMS) messages from the number **43386**. Message & data rates may apply according to your carrier rate plan. There are no additional charges. You may unsubscribe at any time by texting **STOP**. For assistance with the program, text **HELP**.

CARE MESSAGES™

Once enrolled, you will receive text messages with content designed to support your journey to a safe, healthy lifestyle. Text message topics can include:

- **Growth/Development Milestones**
- **Community Resources**
- **Emotional Support**
- **Financial/Housing/Food Assistance**
- **Coping Strategies**
- **Trigger Management**
- **Support Groups/Programs**
- **Recovery Pathways/Relapse Prevention**

GOMO CHAT™

GoMo Chat allows you to text securely with the Healthy SPARK team. As easy as texting with a friend, it enables the exchange of helpful information and in the moment support.

PROGRAM RESOURCES

In addition to text messages, the Healthy SPARK program will also send you links to more information with an easy-to-access library of educational material for you.

IN-THE MOMENT SUPPORT

Text any of the keywords below to **43386** to receive a message related to that keyword:

- **COPE:** Strategies to manage urges
- **HALT:** Coping with feelings of hunger, anger, loneliness, and tiredness
- **MOOD:** Feel good, motivational messaging
- **PEER:** Stories of those in recovery who understand the journey
- **RELAX:** Comforting words to deal with anxiety and urge control
- **SMILE:** Offers a lighthearted joke
- **SONG:** Links to an uplifting song
- **TALK:** Healthy SPARK team member will contact you