

February 2023

Dear Valued Community Partners,

The Healthy Futures programs at the Central Michigan District Health Department helps to ensure that each family and child has a *healthy future* by connecting families with trustworthy information and local resources. Healthy Futures is a collaboration of Munson Healthcare, health departments of Northern Michigan, and healthcare providers across the region. Healthy Futures is a free program for *every family* – no matter their insurance provider. Healthy Futures provides care to pregnant people and infants, including:

- Newsletters, presenting information based on your child's due date or age
- Home visits with a registered nurse, including post-partum blood pressure screening
- Healthy Futures online, highlighting timely, local, and relevant stories and videos
- Healthy Futures social media, sharing relevant information and an opportunity to connect with other families in northern Michigan
- Healthy Futures text updates, offering information customized to your child's due date or age

Use the QR code below to sign your client up for Healthy Futures at CMDHD, today!



Resource: <https://healthyfuturesonline.org/>

*This institution is an equal opportunity provider.*