



Your health care provider has given you access to a mobile application to support you through your pregnancy and postpartum journey!



Feel empowered to take control of your maternal health with provider approved resources and articles that you can trust



Be equipped with daily content specific to your stage of pregnancy from sign up to one year postpartum



Have instant access to your provider and care team contact and location information

Babyscripts Mom

"I have enjoyed the week to week updates, resources, and information. It is also very helpful to have one platform to find all the information I need throughout pregnancy."



Austin Regional Clinic is partnering with digital health company Babyscripts to **educate**, **engage** and **empower** you through your prenatal and postpartum journey.

How do I get started?

- Your OB provider will educate you on Babyscripts myJourney and a care team member will get you signed up.
- Once you're signed up, you will receive an email and SMS prompting you to enroll in Babyscripts with a personal passcode.
- Search and download "Babyscripts myJourney" from the Apple Store or Google Play Store, or take a photo of the QR code!
- Launch the app and log in with the passcode you received to begin your digital care journey.

What is the Babyscripts experience?

- Within the app, you have access to a wealth of prenatal and postpartum information that has your provider's stamp of approval.
- Every week, you will log in to explore key features such as:
 - A daily feed of information, from conception to your baby's first birthday
 - Provider-approved resources and checklist items to complete
 - Care team contact information

Why is my provider using Babyscripts?

- The daily education you receive through the app is specific to your gestational age, meeting you where you are to guide and empower you throughout your pregnancy.
- Content is available in English and Spanish.
- The checklist and weight tracking tools help guide you through your journey one step at a time throughout your pregnancy and postpartum journey.



Where can I find app support?

- If you experience any technical trouble, we are here to help!
- In the app, you can find resources in Profile > Support.
- You can email us at support@babyscripts.com or call (844) 692-2297 for support questions or concerns.
- Additionally, please visit support.babyscripts.com for more support resources.