







Download **Circle by Providence** to your smartphone at no cost and tap into a vast network of local, Providence-approved resources and tools for moms and moms-to-be.

Circle offers:

- Articles with answers to your questions about pregnancy, babies and parenting
- Breastfeeding support from videos and articles, and a guide to local resources
- Information about classes and groups for new moms and moms with older children
- A to-do checklist from Providence experts to guide you through every stage of pregnancy and motherhood

- Health-tracking tools so you can update providers about your pregnancy and your growing child
- Appointment reminders when you connect to MyChart through Circle
- Information in Spanish

It's easy to download Circle to your smartphone, and it's free. Text CIRCLE to 43199 to get a download link, or download Circle by Providence from the App Store or Google Play Store.

