

The tool you need if you're a parent-to-be!



Anytime, anywhere parent education powered by YoMingo. Visit

<https://legacy.yomingo.com/PalomarHealth/PreparingforBirthBeyond> 199267 779

to register today!

TOOLS

to help you keep track of kicks, contractions, feedings, and more

MILESTONES

personalized to your baby's development through each week of pregnancy



EVIDENCE-BASED INFORMATION

so you know what to expect at every stage

PALOMAR HEALTH
Reimagining Healthcare

YoMingo[®]
by Customized Communications, Inc.

After registering, visit YoMingo.com or download the **FREE** app. Search for "YoMingo" in App Store or Google Play.

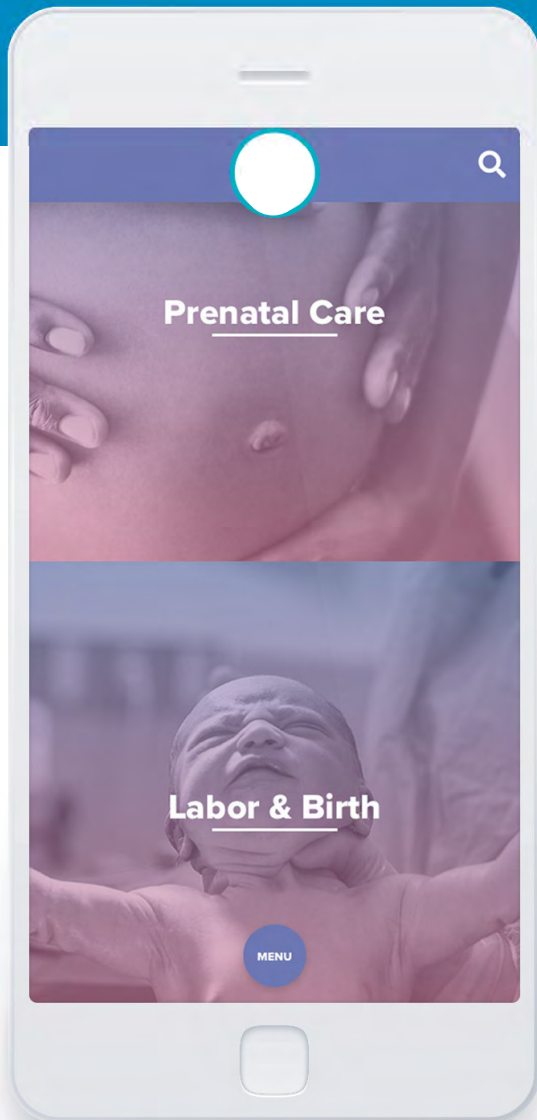


Your journey into parenthood is as easy as 1-2-3.

Our parent education program is designed to give you convenient access to the tools and support you need at every stage of pregnancy and beyond.

Educational content covers pregnancy, labor and birth, postpartum, breastfeeding, and newborn care.

Tools include a contraction timer, kick counter, feeding log, diaper log, journal, and more!



1

REGISTER FOR THE PROGRAM

Visit

https://legacy.yomingo.com/PalomarHealth/PreparingforBirthBeyond_199267_779

to sign up.

2

CHECK YOUR EMAIL

Look for an email from noreply@yomingo.com with login instructions.

3

READ, WATCH, AND LEARN

Evidence-based information, milestones, and trackers help you know what to expect throughout your journey.

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