

# Sisonke Mom

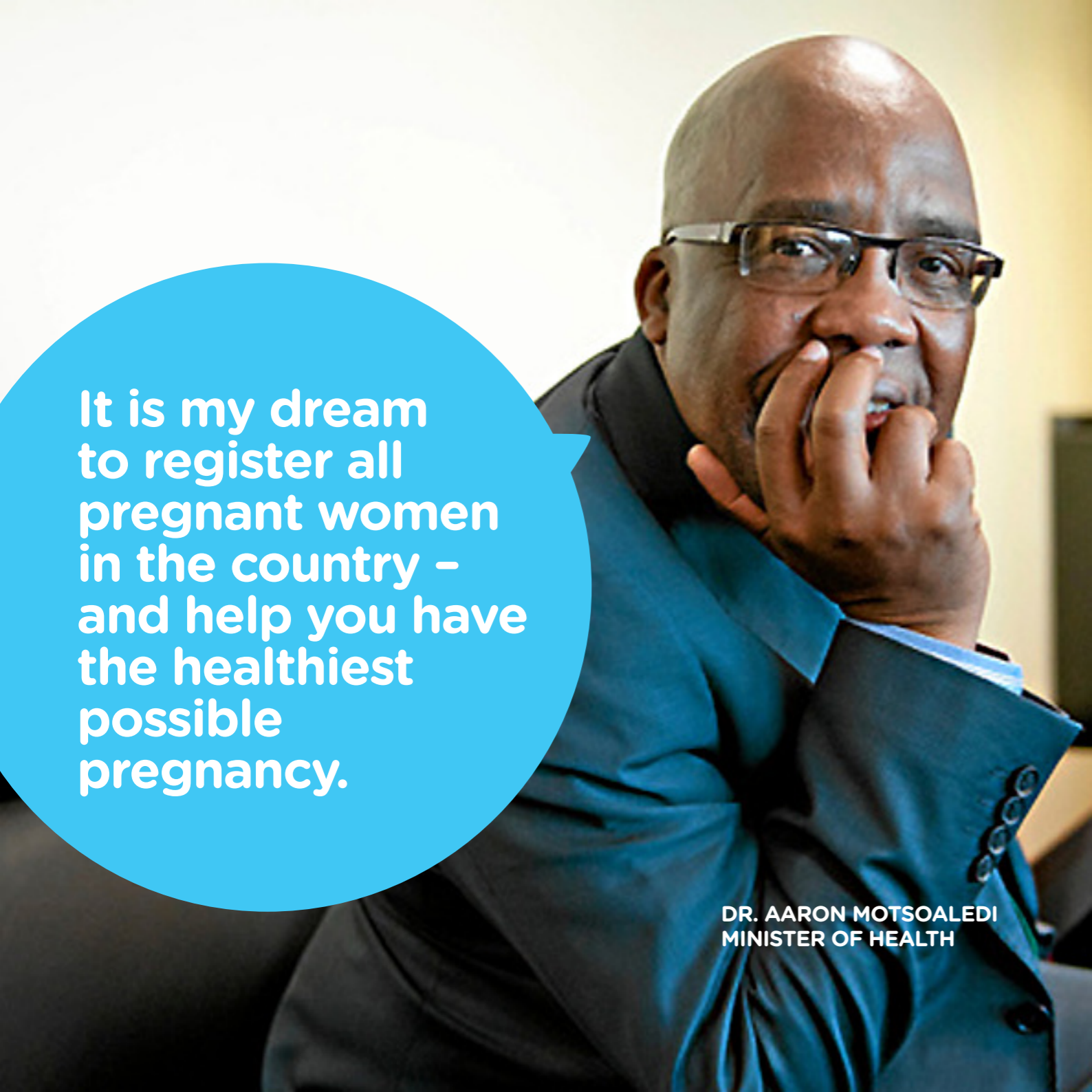
**Pregnant?**  
**momconnect**  
**is here to help!**

You'll get weekly messages to help with your pregnancy, and answers to all your questions. Join our community - it's completely free and we're here to support you.



health

Department:  
Health  
REPUBLIC OF SOUTH AFRICA



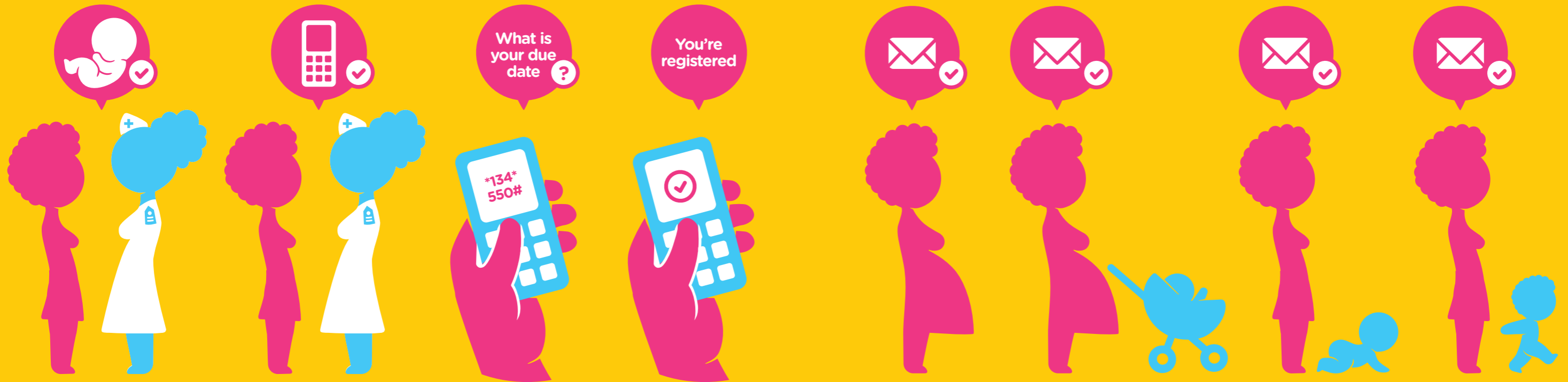
It is my dream to register all pregnant women in the country – and help you have the healthiest possible pregnancy.

DR. AARON MOTSOLEDI  
MINISTER OF HEALTH



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What is  
MomConnect?

MomConnect is a National Department of Health initiative. It uses mobile technology to register all pregnancies across South Africa.



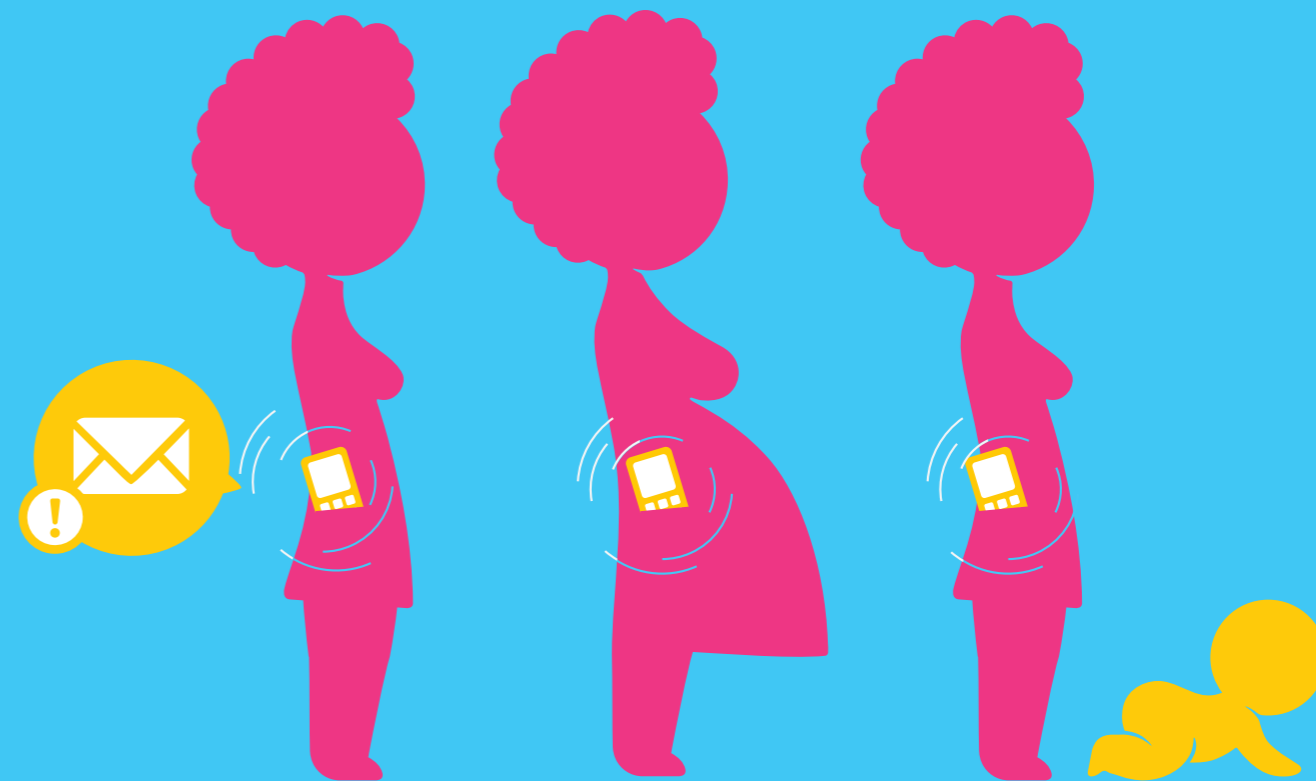
But what  
does it  
give me?

Be part of the family –  
we're here to help you  
every step of the way.  
It's simple, free and can  
work on any phone.



But what  
does it  
give me?

You'll get weekly SMS  
messages to help you  
during your pregnancy  
and until baby turns 1.



But what  
does it  
give me?

Get answers to your  
baby and pregnancy  
questions with  
MomConnect's life  
guides by dialling  
\*134\*550#



But what  
does it  
give me?

Your voice will  
be heard. You can  
tell us about the  
level of service you  
received at any  
government facility by  
dialing \*134\*550\*4#.





What will the  
MomConnect  
messages say?

The SMS messages we send will tell you about where you are in your pregnancy and give you updates on how your baby is growing.

Your baby's movements will get stronger and more regular. Your baby won't move all the time. Like you, sometimes he'll just want to rest and sleep.

What will the  
MomConnect  
messages say?

The SMS messages will help you with ways to improve your health and your baby's.

HIV+? You are not alone. Lots of pregnant women have it. You can still have a healthy baby. Tell someone you trust or call the helpline on 0800 012 322

What will the MomConnect messages say?

The messages will include important info about your clinic visits, tests and the medicines you'll need during your pregnancy and until baby turns 1.

Your clinic visit is due soon. Get your blood pressure checked. It can be dangerous if it is high you could have a fit, so it is wise to keep an eye on it.

How do I join  
MomConnect?

During your clinic visit, a nurse will confirm you are pregnant and ask you if you would like to be registered. Don't be afraid to ask questions.



How do I join  
MomConnect?

If you are unsure about joining and would like to think about it, ask a nurse to help you register on your next visit.



How do I join  
MomConnect?

You can also help  
pregnant friends and  
family\* to join on their  
phones by dialling  
\*134\*550#.

\* Remember you need to complete your registration  
to MomConnect at your next clinic visit.



What information do I need to join?

You need:  
Your due date,  
ID Number, passport number or date of birth, & language\*.

\* You can choose to join in English, Zulu, Sotho, Xhosa, Setswana or Afrikaans. All your information will be kept safe.

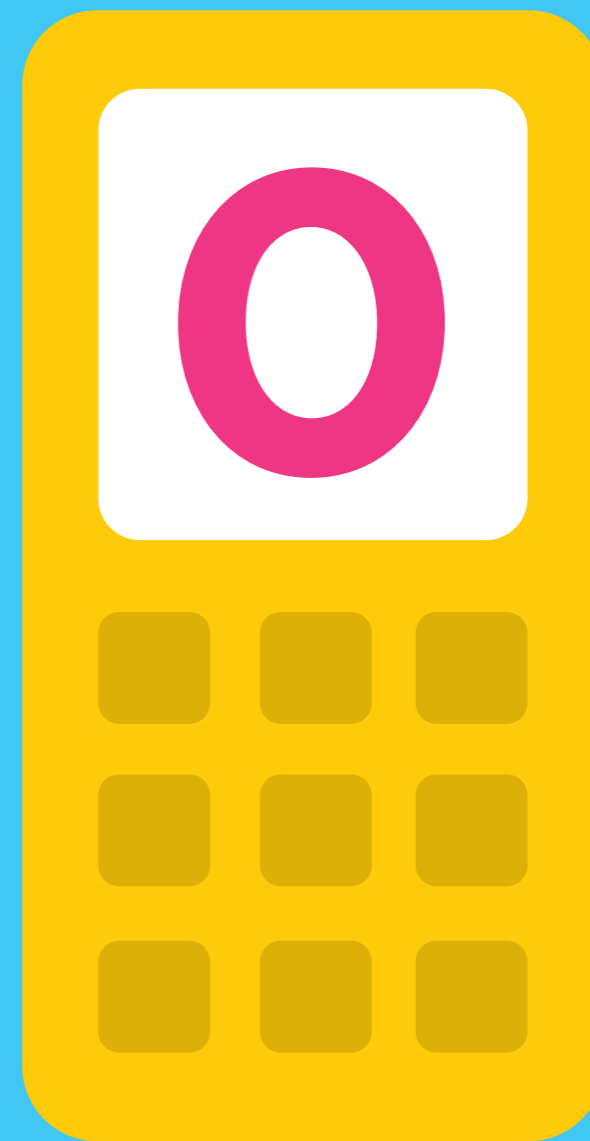
The illustration shows a yellow membership card with the following fields and labels:

- 1**: I.D. No. 840706 0004 081 (with a barcode below it)
- 2**: 30.04.2015 (date)
- 3**: Zulu (language)

Other fields on the card include a profile picture placeholder (a pink silhouette of a person's head and shoulders), a name field, a surname field, and a phone number field, all represented by white bars.

What will  
this cost  
me?

Nothing. It's free to all moms on any phone and network, across South Africa. You will never be charged for getting or sending SMSs or for dialing into the \*134\*550# line.





What if I don't want to receive messages anymore?

You can opt-out by simply dialing \*134\*550\*1#. Please tell us why you don't want to receive messages anymore so that we can support you further and improve our service.



What happens  
after I have  
my baby?

If you've had your baby, congratulations on being a mother! Reply "baby" to any SMS from MomConnect to start receiving SMSs\* about caring for your baby.

\* They will last until your baby is 1.





Sisonke  
Mom

