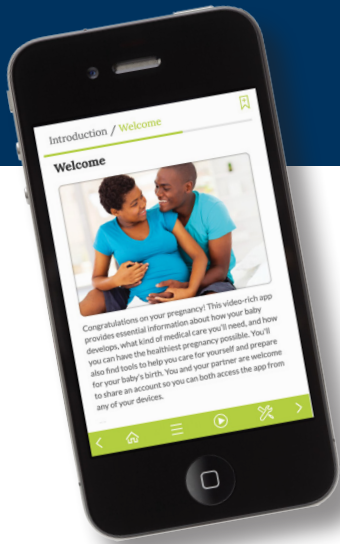


The Family Birthplace App

Pregnancy to parenthood, comprehensive learning for every stage!

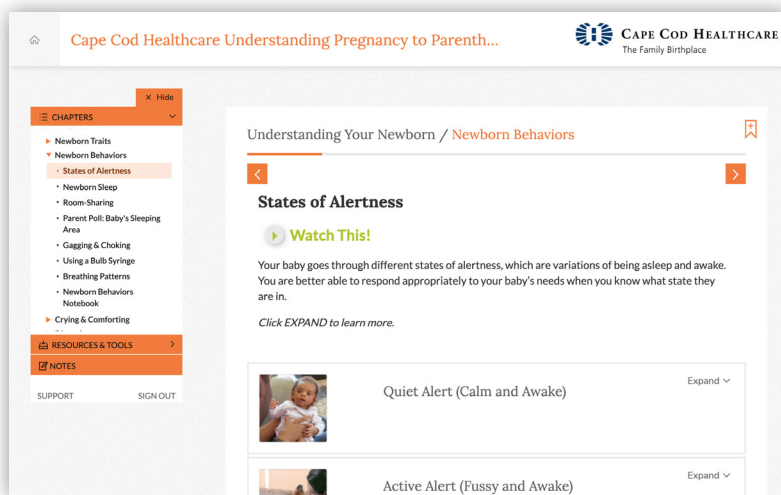


As part of our childbirth and parenting education, The Family Birthplace at Cape Cod Hospital is pleased to offer a free and convenient web app with essential tools and information, on the go! Because it's regularly reviewed by experts, this supplement to our education classes is full of evidence-based information you can

trust, accessible by smart phone, tablet or computer, whenever and wherever you need it.

Childbirth and parenting tips, tools and info...all at your fingertips!

- Dedicated modules about pregnancy, birth, breastfeeding, mother & baby care and your baby's first year through videos, colorful text and photos, 3D animation and more
- Parent's toolbox (with helpful aids like a feeding/diaper log), optional weekly emails, checklists, resource PDFs
- Services and information about The Family Birthplace at Cape Cod Hospital
- Extended learning that can be easily shared with your partner and support people
- English, Portuguese and Spanish versions available



CAPE COD HEALTHCARE

The Family Birthplace at Cape Cod Hospital

3 Easy Ways to Access the App

Creating your account from your phone, tablet or computer is easy – all you need is internet access.

STEP 1 - Choose ONE of the following 3 options to access the app:

- **Text NEWBABY to 99000 from your phone**

Then, tap the link in the return text.
(Once opened, bookmark the site for quick return access)

OR

- **Download the quick launcher from the Apple App Store or Google Play from your mobile device. Search for "InJoy Health".** (This puts an icon on your home screen that you can use in the future.)

OR

- **Go to InJoyOnline.com** (Bookmark the site for quick return access.)

STEP 2 - Create your account where prompted

(If you already have an account, simply log in.)

STEP 3 - Enter your Cape Cod Healthcare redemption code

For English, use: **cchcbaby**

For Portuguese or Spanish, use: **cchcbabymulti**

You only need to enter this code the first time you access the app. Web apps do not use storage space and updates happen automatically.

