

Opt in to our new Diabetes TEXT Messaging Program



**Stay on top of your
diabetes with text
messages from
San Francisco Health Plan.**

Sign up to get a free weekly
health tip to help you manage
your diabetes.

Signing up is easy.

It's easy to
sign up:

1. Fill out the
back side
of this card.
2. Mail it back to
us in the
enclosed
postage paid
envelope.





Opt in to our new Diabetes TEXT Messaging Program



Yes. Sign me up for DM Txt, the diabetes text messaging program from San Francisco Health Plan.

- I understand that I can cancel this program at any time to stop receiving texts.
- I understand that I will receive weekly text messages from San Francisco Health Plan.

Disclaimer: Text messages do not provide diagnosis or treatment and are intended for general information purposes. The text messages are not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your primary care provider with any questions you may have regarding medication, medical conditions or treatment. This is a free service but your text messaging service plan does apply and you will be charged from your service provider if you go over your monthly text message limit.

Name:	
Cell Phone Number: ()	-
Email address (if available):	
Signature:	Date:

