

(Attachment B)

User Tested Cell Phone Messages (in English and Spanish)

Low Bone Density

Enough calcium and vitamin D are important for bone health, especially after menopause.

Suficiente calcio y vitamina D son importantes para mantener los huesos sanos, especialmente después de la menopausia.

High Cholesterol

Even small changes in diet and physical activity can help lower your cholesterol.

Incluso unos cambios pequeños en la dieta y ejercicio pueden ayudarle a bajar su colesterol.

Insulin for Diabetes

A mix of two kinds of insulin is better than pills at making your blood sugar lower before eating.

Una mezcla de dos tipos de insulina es mejor que las pastillas para bajar su azúcar antes de comer.

Diabetes During Pregnancy

Healthy diet and exercise can keep your blood sugar normal during pregnancy.

Una dieta saludable y ejercicio pueden controlar su azúcar durante el embarazo.

Knee Arthritis

Staying active and losing weight are ways to help you feel better if you have arthritis.

Mantenerse activo y perder peso puede ayudarle a sentirse mejor si tiene artritis.

Prostate Cancer

Many men with prostate cancer have few or no symptoms, so routine exams are important.

Muchos hombres con cáncer de próstata tienen pocos o ningún síntoma, por lo tanto los exámenes regulares son importantes.

Pain Medicine for Arthritis

Some prescription creams can help with mild arthritis pain and have fewer risks than pain pills.

Algunas cremas recetadas pueden ayudar con la artritis leve y tienen menos efectos secundarios que las pastillas.

Pills for Type 2 Diabetes

Your diabetes pills don't have to hurt your stomach. If yours do, talk to your doctor.

Sus pastillas para la diabetes no deben molestarle el estómago. Si las suyas le molestan, hable con su doctor.

Standard text language:

Message 1: **[Insert message above]** Txt "choice" for a free guide. Msg & data rates apply.

Message 2: Reply to this message with your name and address to have more information mailed to you, or visit the mobile web site at [insert address]

Message 3: Thank you for your interest. You can expect to receive more information by mail within 2 weeks