

# LADIES' Home Journal®

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## Health

### Texting Can Be Good For You

Your cell phone is always on and always with you, so why not use it to improve your health? Check out these free text-messaging services.



#### PILL PLANNER

*MyMedSchedule.com* texts alerts to your cell phone—and prompts you to take your meds and call for refills. Now you won't forget, even when your day gets crazy busy.

Create, print and save your own medication list! [www.MyMedSchedule.com](http://www.MyMedSchedule.com)®