



m4RH

Mobile 4 Reproductive Health

FREE!
PRIVATE & CONVENIENT

Get all the information you need
about **contraceptive
methods**

Simply SMS

m4RH
to **4128**

- Learn about contraceptive methods
- Decide which method is right for you
- Get reproductive health information
- Get clinic information

PRIVATE & CONVENIENT

24 hours a day 7 days a week!

To access specific contraceptive methods simply SMS the following codes to 4128

- | | | | |
|----|-------------------|----|-------------------------|
| 11 | Implants | 61 | Emergency contraception |
| 21 | IUCD | 71 | Condoms |
| 31 | Permanent methods | 81 | Natural method |
| 41 | Injectable | 91 | LAM |
| 51 | Daily pills | 99 | Clinic locations |



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PROGRESS
IN FAMILY PLANNING



**FAMILY HEALTH
OPTIONS KENYA**

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WWW.FHOK.ORG



MARIE STOPES
Kenya

text
to
change



**Family Health
International**



Tunza
Family health network