

## Participant Contact Schedule



BMI Letter 2 weeks

Baseline Well Child Care Visit 2 weeks

Clinician Endorsement Letter (mail)

HE call @ 1 month

Semi-Weekly Text Messages

- •Self-monitoring w/ immediate feedback
- Skills training

HE call @ 3 months

Semi-Weekly Text Messages

- Self-monitoring w/ immediate feedback
- Skills training

HE call @ 6 months

Semi-Weekly Text Messages

- •Self-monitoring w/ immediate feedback
- Skills training

HE call @ 9 months

Semi-Weekly Text Messages

- •Self-monitoring w/ immediate feedback
- Skills training

BMI Letter & Completion Certificate

2 weeks

1 Yr Follow up Well Child Care Visit

