



Stay Connected & Healthy with HINT!

How Does HINT Work?

- HINT sends you simple text messages or automated phone calls to check in on your blood sugar, blood pressure, general wellness or basic needs.
- Your responses are seen by your Care Team at Shepherd's Clinic so they can reach out and support you when you need it most.
- You can receive messages or calls to your smartphone, landline, or basic cellphone.

How Do I Enroll?

- If you are eligible, you will get a phone call or a text message to help you enroll in HINT.
- You can also call Shepherd's Clinic if you are interested in enrolling and they can help you sign up.

Why Should I Enroll in HINT?

- A great way to stay connected with your Care Team between doctor appointments
- Your messages arrive at a time that you choose. It only takes a few minutes each week to respond to messages.
- HINT helps you stay healthy from the comfort of your home.
- HINT is a free service.

Want to Learn More?

If you'd like more information about HINT or need to speak to a nurse please call your care team.

Contact Number: 410-387-0053

If you have an emergency, call 911

Messaging Available for Any Type of Phone



Example Messages

