



**BlueCross BlueShield
of Texas**



Blue Cross and Blue Shield of Texas (BCBSTX) provides free parenting apps you can access quickly and conveniently on your smartphone. The apps support parents during and after pregnancy with easy-to-use tools and resources.

Duty Calls App



Duty CallsSM offers a robust set of features:

- **Countdown Timer:** Count down to the due date
- **Task List:** Pre-populated with tasks dads will likely need to complete before the baby comes
- **Development Capture Tool:** Take photos, videos and audio clips during pregnancy milestones and share them through social networks
- **Knowledge Library:** Tips on what to do and not to do during pregnancy. The library also offers tips on what happens with mom and baby during each week of pregnancy
- **Contraction Timer:** Track mom's contractions
- **Note Pad:** Jot down notes during doctors' visits
- **Binder:** Organize information
- **Support Team:** Quickly reach your support team by phone, email, Facebook or Twitter to keep them posted with developments during pregnancy



Download the free QR code mobile app at <http://gettag.mobi>. Use the app to scan the tag with your smartphone or tablet



With Tot TrackerSM, parents can stay on top of their child's milestones, vaccinations and growth. The app tracks children's progress up to three years old.

Tot Tracker App



Tot Tracker offers:

- **Diary:** Track sleep, feedings and doctor visits
- **Upcoming Milestones:** Track milestones such as first tooth or first steps
- **Vaccinations:** List of recommended shots
- **Growth Tools:** Growth chart and growth tracking tool to log height, weight and head size



Use Tot Tracker to take photos, videos and audio clips of your child's most treasured moments and share them with friends and family on Facebook and Twitter.

Duty Calls and Tot Tracker are available only on iTunes.