



Brief Text Interventions

Nudge Bug

Modeled with consultation from the NIH's *smokefree.gov* program, Nudge Bug delivers brief, proven text message interventions. These are developed by in-house counselors, psychologists, LPCs & MSWs.

The program is localized to your area and audience, and points to direct, helpful web resources. It also offers a simple feedback loop to better understand engagement.

Features

- Custom schedule & localization
- Engagement reporting
- Dedicated phone number
- Appt. reminder integration
(Requires Customization/API)



1

Opt-in on any mobile phone to receive a pre-programmed series of texts.

2

Text messages are sequenced/scheduled to drive key actions & deliver timely information.

Quick Wins

NBUG: No Routine = No Job. Daily, one hour each: Research, tailor resume to job, apply, follow-up, & build a new skill. Job boards: bit.ly/nbugjob

Timely Info

NBUG: We are the company we keep. Change people, places, & things around you to avoid bad habits. Say "no" like you mean it & repeat as needed!

Reminders

NBUG: 📞 Ryan, checking in. I know you've been really busy, but when did you last look at that Re-Entry Roadmap? It misses you! Resources at reentryhelp.com