

# Download the My Choice App Today

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## My Choice

*Download the app. Get informed. Take control.*

*The App provides information about topics such as sexual health, contraception, STI's, periods and respectful relationships. It also incorporates a period and mood calendar so that women can track their periods and speak to their doctor if they have concerns."*

Help Family Planning Tasmania celebrate the launch of this new App

To enter simply download the My Choice App and then text your name and a screen shot of your phone showing the app icon to 0488 492 443

Full terms and conditions available at [www.fpt.asn.au/mychoicecompetition2019](http://www.fpt.asn.au/mychoicecompetition2019)

*An app designed by Tasmanians for Tasmanians*

**[www.fpt.asn.au/app](http://www.fpt.asn.au/app)**