



Returning from Maternity/Paternity Leave?

We'll make your back-to-work transition easier

Coming back to work after having a baby can be a challenge and takes a lot of support to make it go smoothly. As part of your benefits, paid by your employer, you have access to the Health Advocate team who will help make your transition worry-free and more rewarding for you and your family. Our service is convenient and completely confidential!

Call for one-on-one help

- **Work/Life specialists can find local childcare centers** with available openings; we'll also help find back-up childcare
- **Licensed Professional Counselors can offer coping strategies** for stress, personal and family issues
- **Financial specialists** for guidance with saving, budgeting, and life insurance needs

Go to your member website for helpful resources and information

- Childcare search
- Childcare/babysitter checklists
- Child safety checklist
- Breastfeeding information
- Infant and toddler development
- Getting babies to sleep
- How to stop a crying child
- Finances for new families worksheets
- ...and more



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Turn to us—we can help.



877.240.6863

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/americanagreetings

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