



# Expanding Your Family?

## Health Advocate makes it easier

Having (or adopting) a baby is joyful and exciting experience. It can also be filled with uncertainty and questions. Your Health Advocate benefit, provided at no cost by your employer or plan sponsor, gives you 24/7 access to live experts and online resources that make becoming a new parent a whole lot easier.

### Help is just a phone call away

- Talk to a **Licensed Professional Counselor** for confidential support with stress, anxiety, postpartum blues, depression, relationship and family adjustment issues, and other personal/family concerns.
- Experienced **Work/Life Specialists** can help locate childcare centers, in-home childcare providers and nanny agencies. They can also check into costs and availability.

### PLUS unlimited online resources, 24/7

Your Health Advocate EAP+Work/Life website features a wealth of information for expecting and new parents. Log on at **HealthAdvocate.com/members** to:

- **Read** dozens of articles on family planning, pregnancy, adoption, tips for new parents, childcare and child development, making the home safe for baby, blended families, basics about newborns and more
- **Watch** videos and webinars on pregnancy, postpartum health, parenting, newborn safety, babyproofing your home and much more
- **Self-search** for childcare providers, adoption agencies, doulas and lactation consultants

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Turn to us—we can help.



**877.240.6863**

Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)

Web: [HealthAdvocate.com/americangreetings](http://HealthAdvocate.com/americangreetings)

Download the app today!



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# New Parent Checklist

The following are some key things to remember before and after your bundle of joy arrives.

## Before Baby Arrives

- ✓ If pregnant, find out how much of your pregnancy and delivery your health insurance will cover (so you're prepared for any out-of-pocket costs)
- ✓ Select a pediatrician for your baby (important to have in place when baby arrives)
- ✓ Decide how and when to tell your boss and coworkers that you will soon be a parent
- ✓ Find out if you can take time off from work for doctor visits or to prepare for adoption
- ✓ Find out how much maternity/paternity leave you can take, and how much of it is paid
- ✓ For breastfeeding mothers who are planning to return to work, ask about policies and locations for expressing breast milk at the workplace

## After Baby Arrives

- ✓ Be sure to add your baby to your health insurance plan within 30 days of delivery/finalized adoption
- ✓ Apply for your baby's birth certificate and social security number; most hospitals supply these forms after delivery, and adoptive parents should consult with their attorney to find out the procedures
- ✓ Consider buying life insurance and drawing up a will (including naming a guardian) should anything happen to you or your spouse
- ✓ Check to see if you can participate in a dependent care account through your (or your spouse's) employer

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Available at no cost to employees, their spouse, dependent children, parents and parents-in-law. Completely confidential.

**We're not an insurance company.** Health Advocate is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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