



Adding to your family? We can help you prepare!

Making the decision to start a family is exciting, but can raise many questions. With Health Advocate at your side, you'll have an expert Personal Health Advocate available to listen to your concerns, and get the right answers to your questions.

During pregnancy...

- **Locate** the right obstetricians, perinatologists and other providers
- **Provide** parents-to-be with health tips and vaccine recommendations
- **Clarify** pregnancy symptoms, prenatal tests and pregnancy exams
- **Connect** you to the necessary resources to understand your family leave rights at both the federal and state level
- **Answer** questions about complications such as gestational diabetes or postpartum depression, and find treatment

When your baby arrives...

- **Explain** how to add your baby to your health plan
- **Find** pediatricians and pediatric/lactation specialists and make appointments
- **Clarify** coverage for well-baby, well-child and postnatal care visits
- **Help** you prepare for your child's day-to-day care
- **Answer** questions about baby's health symptoms
- **Act** as an ongoing resource for you and your family

Turn to us—we can help.



Email: answers@HealthAdvocate.com
Web: HealthAdvocate.com/

Download the app today!



Health Advocate is available at no cost to employees, spouses, dependents, parents and parents-in-law. Completely confidential.

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

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