

EXPERIENCING THE UNEXPECTED

Explore the benefits and resources available that can meet you in life's unexpected moments.



Use this checklist to find resources for yourself and your family members year-round.

GRIEF & LOSS

- Castlight**
Access programs to support your physical and emotional well-being through [Castlight](#).
- Employee Resource Groups**
Connect with other [Abbott employees](#).
- Flexible Work Arrangements**
See if you qualify for [flexible work arrangements](#) based on your situation.
- Household Support**
Take something off your plate with providers for [housecleaning](#) or other personal services.
- Life Insurance**
Review your distribution options if you purchased [child or dependent life insurance](#) and your child or dependent dies.
- Mental Health & Work-Life Support**
Connect with dedicated clinical experts, six free therapy sessions per year, work-life services, parenting coaching, digital well-being tools and more through [Spring Health](#).
- Time Off**
Review Abbott policies for [Family and Medical Leave Act \(FMLA\)](#), [Short-Term Medical Leave \(STD\)](#), [Paid Time Off \(PTO\)](#) and [Bereavement Leave](#).

OTHER UNEXPECTED MOMENTS

- Castlight**
Access programs to support your physical and emotional well-being through [Castlight](#).
- Employee Resource Groups**
Connect with other [Abbott employees](#).
- Expert Medical Opinions**
Receive a [second opinion](#) from experts in the medical field if you or a family member receives a significant diagnosis to ensure the best course of treatment.
- Flexible Work Arrangements**
See if you qualify for [flexible work arrangements](#) based on your situation.
- Household Support**
Make life a little easier with access to providers for [housecleaning](#) or other personal services.
- Mental Health & Work-Life Support**
Connect with dedicated clinical experts, six free therapy sessions per year, work-life services, parenting coaching, digital well-being tools and more through [Spring Health](#).
- Special Needs**
If your child has special needs, access tools and resources through [Care.com](#).
- Volunteering**
Think of something you're passionate about and volunteer in your area; Abbott provides [8 hours of paid volunteer time each year](#).

QUESTIONS?

If you have any questions about any of the benefits and programs available to you, visit the [Abbott Benefits Center](#) or call 844-30-MY-ABC (844-306-9222).

