

NAVIGATING LIFE AS A PARENT

At every stage of parenthood, Abbott can support you and your family wherever life takes you.



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

FOR YOU



Breast Pumps

Explore obtaining a breast pump through your [Abbott health insurance](#).



Discounts

Check out discounts available through [Perk Spot](#).



Household Support

Make life 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](#).



Parenting Support

Download the [Ovia Parenting app](#).



Workplace Accommodations

Need assistance with a workplace accommodation? Check with Occupational Health at your site. Commercial employees can visit the [U.S. Commercial EHS Team Page](#).

FOR YOUR FAMILY



Childcare Services

Take advantage of discounted fees and preferred placement with national and regional childcare providers through [Care.com](#).



Childcare Centers – Lake County, IL

For employees who work in/near Lake County, IL, explore your childcare options through [Early Discoveries](#) for convenient and regular and backup care.



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](#).



Nursing Support

Sign up for [Milk Stork](#) if you're nursing and traveling on business.



Special Needs

If your child has special needs, access tools and resources through [Care.com](#).



Tutoring

Access unlimited tutoring from TutorMe for yourself or your child. First-time users [register here](#). Registered users [sign in here](#).

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).

