

TRANSITION TO PARENTHOOD

As you enter parenthood, take advantage of programs and services to help you and your family thrive.



Use this checklist to ensure you're ready to tackle parenthood!

PARTICIPATE & EXPLORE ANYTIME



Abbott Discounts

Save money on Similac products if you choose formula for your child; visit the [Abbott Store](#) or call 800-258-7677.



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.



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](#).



Plan Your Maternity and/or Parental Leave

Utilize the [leave planner tool](#) to help you identify absence benefits available for you. Simply enter information about your employment status, work state, and the type of leave. The tool will identify the Abbott policy leaves and any state or federal leave options available for you.



Special Needs

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

ACTION REQUIRED



FSA

Enroll in or make changes to your [Dependent Care FSA](#) to save tax-free on childcare expenses; you'll need to enroll within 31 days of the birth or adoption.



Health Coverage

Make changes to your [Abbott health benefits](#) if desired, such as adding a new dependent, within 31 days.



HSA

Enroll in or make changes to your [HSA](#) to save tax-free on health care expenses; you can make changes at any time.



Life Insurance

Enroll your child in [dependent life insurance](#), if desired, within 31 days.



Time Off

Check out the [Expectant Parent Checklist](#) to keep track of important action items.

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).

