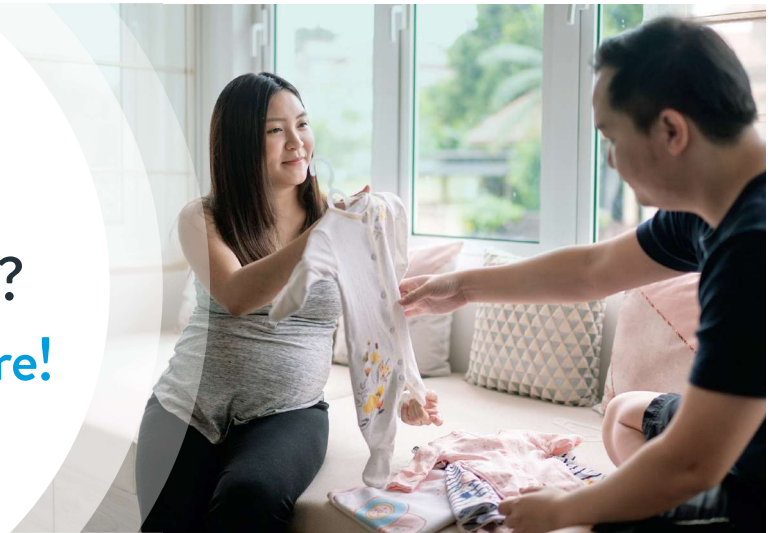
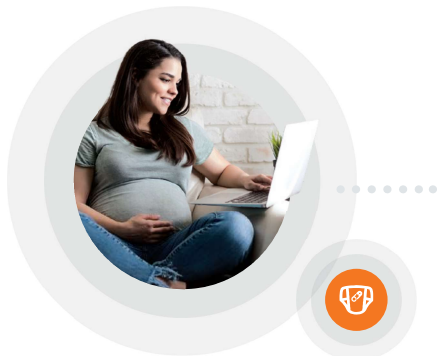




## Adding to your family? We can help you prepare!

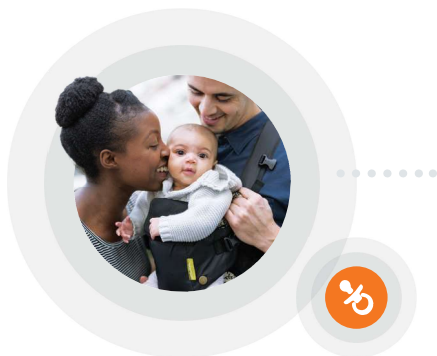


**Making the decision to start a family is exciting, but can raise many questions.** With Health Advocate at your side, you'll have an expert Personal Health Advocate available to listen to your concerns, and get the right answers to your questions.



### 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



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