

AWAITING ARRIVAL

As you near your child's arrival, look to Abbott for support in these exciting days and weeks.



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

PREPARING FOR YOUR CHILD



Abbott Discounts

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



Adoption

Contact the myHR Service Center at 877-228-4707 or email hrservicecenter@abbott.com for details on [Adoption Assistance](#) benefits.



Breast Pumps

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



Discounts

Explore discounts available through [Perk Spot](#).



Fertility / Surrogacy

Download the [Ovia](#) app and explore [Progyny](#) services for fertility or surrogacy support.



Foster Care Reimbursement

Contact the myHR Service Center at 877-228-4707 or email hrservicecenter@abbott.com for details on [Foster Care Reimbursement](#) benefits.



Medical Coverage

Complete any pre-delivery steps with the facility where you will deliver.



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](#).



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.



Time Off

Review Abbott policies for [Short-Term Medical Leave \(STD\)](#), [Family and Medical Leave Act \(FMLA\)](#), [Parental Leave of Absence](#) and [Paid Time Off \(PTO\)](#).



Time Off

Check out the [Expectant Parent Checklist](#) as you prepare to welcome your child.



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](#). Field employees seeking fetal dosimeters and/or maternity leads may also visit the [U.S. Commercial EHS Team Page](#).

PREPARING FOR CHILDCARE



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.



FSA

Consider participating in the [Dependent Care FSA](#) once the baby is born to save tax-free on childcare expenses; you'll need to enroll within 31 days of the birth or adoption.



Parent Support

Join [Similac Strong Moms](#) to connect with fellow parents and other baby experts, receive a free diaper bag, get discounts on products and more.

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).

