

PLANNING TO START A FAMILY

Beginning the journey to grow your family can be exciting and overwhelming.



Use this checklist to ensure you don't miss out on valuable programs and resources that can support you along the way.

FERTILITY & PLANNING



Adoption

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



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 hrrservicecenter@abbott.com for details on [Foster Care Reimbursement](#) benefits.



Medical Coverage

Contact your [medical plan administrator](#) about covered benefits.



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 \(FMLA\)](#) and [Paid Time Off \(PTO\)](#).

CLOSER TO ARRIVAL



Abbott Discounts

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



Breast Pumps

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



Discounts

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



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](#).



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](#).

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).

