

# Supporting your team and their families from self-care, to family planning, through caring for an adult loved ones

From self-care to mental health support, from fertility to pregnancy, and from parenting to caring for adult loved ones, Cleo provides your entire workforce with life-changing care. Cleo offers 1:1 guidance and support, resources and tips, virtual workshops and expert sessions, access to a network of specialists, and plus experts to support y

## For anyone and everyone

- Stress management and self-care
- Career coaching
- Understanding a diagnosis
- Balancing career and personal responsibilities
- + **Cleo Care Activity Team:** Cleo's specialists that help your team check care to-dos off their list!
- Long-term and advanced care planning (health, financial, legal)
- Insurance and benefits navigation
- Community support groups
- Navigating life transitions including grief, relocation, menopause, and more

## Family planning & fertility

- Family planning
- Egg freezing
- Adoption & fostering
- Surrogacy
- Miscarriage & loss
- Infertility support groups
- Clinical intervention guidance
- Fertility qualifications and benefits navigation
- Support through IVF, IUI, & more

## From expecting to baby's 1st birthday

- Emotional & mental health support
- Pregnancy, prenatal & postpartum support
- Miscarriage & loss
- Guidance towards high quality providers
- Newborn & infant parenting
- Lactation & sleep coaching support
- Careers & return to work
- Developmental milestones
- Prenatal and newborn parent support groups
- Birth prep and new parent virtual classes

## For parents with kids ages 1-12

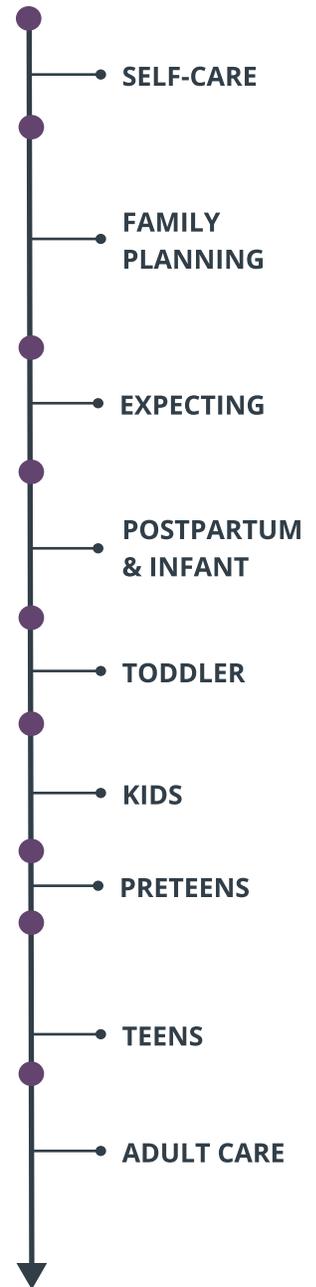
- Emotional & mental health support
- Childhood and adolescent development
- Support and education for neurodivergence
- Discipline & behavior
- Learning styles and academic support
- Family dynamics
- Positive discipline workshops and virtual classes
- + **Child care and enrichment** (help with sourcing daycare, extracurriculars, camps, and much more)

## For parents with kids ages 13-18

- Communication and relationship building
- Mental health for you and your child
- Teen development and behavior
- Screen time and digital media
- Nutrition and positive body image
- Discipline & setting boundaries
- Social relationships, peer pressure and bullying
- Sexual development
- College and future planning

## For caregivers of adult loved ones

- Navigating care options, senior housing and safety in the home
- Emotional and mental wellness support
- Long-term and advanced care planning (health, financial, legal)
- Caregiving from a distance
- Insurance, VA benefits, and additional employer benefits you may have access to
- Understanding diagnoses such as Alzheimer's Disease, Cancer, Chronic Kidney Disease, depression, heart failure and stroke, Parkinson's Disease, falls and hip fractures, and more



**73%**  
of all employees have some type of current caregiving responsibility

**Business leader?** Elect Cleo as a benefit through WTIA today!