

## Supporting you & your family as you grow and expand

Starting or growing a family is a non-stop adventure. Nemours is pleased to offer family building, pregnancy, and parenting support through Cleo, a support platform for current and future parents.

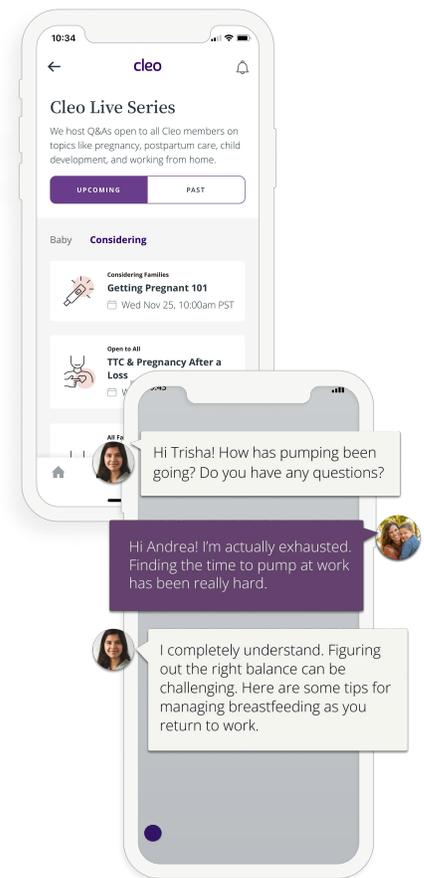
Through one-on-one guidance, personalized content, and an intuitive app, Cleo brings working families the needed support from family planning and mental health support to figuring out childcare for your family and beyond. Cleo is available at no cost to all Nemours associates currently on the Nemours medical plan and their partner or family support person.

### Family planning & fertility

- Emotional support & mental health screening
- Family planning
- Clinical intervention guidance
- Fertility qualifications and benefit navigation program
- Support through IVF, IUI, & more
- Egg freezing
- Adoption & fostering
- Surrogacy
- Miscarriage & loss
- Infertility support groups
- Cleo Connect support groups
- Cleo Lives expert-led webinars

### Expecting to baby's 1st birthday

- Emotional & mental health support
- Pregnancy & prenatal health
- Miscarriage & loss
- Guidance towards high quality providers
- Group birth prep classes
- NICU case management
- Postpartum support
- Newborn & infant parenting
- Lactation & sleep training
- Careers & return to work
- Developmental milestones
- *Cleo Connect* support groups
- *Cleo Live* expert-led webinars
- Tips - Personalized health & parenting advice
- Manager & career training



## Getting started is easy.

1. Scan the QR code or visit [hicleo.com/activate](https://hicleo.com/activate) to download the app.
2. Sign up for free and activate your account with your work email address or company code provided.
3. Meet your Guide, browse resources, articles, & tips, join a live event, and more!

