

Supporting your family from family planning through caring for an adult loved one

Starting, growing, and taking care of a family is a nonstop adventure. Cleo offers 1:1 guidance and support, resources and tips, virtual workshops and expert sessions, access to a network of specialists and experts, and more — all 100% paid for through your employer as part of your employee benefits. Cleo supports families from family planning and mental health support to figuring out childcare for your family, navigating raising teens, exploring options for senior care, and beyond.

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

From expecting to baby's 1st birthday

- Emotional support & mental health screening
- Pregnancy & prenatal health
- Miscarriage & loss
- Guidance towards high quality providers
- Postpartum support
- Newborn & infant parenting
- In-app feeding tracking
- Lactation & sleep training
- 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

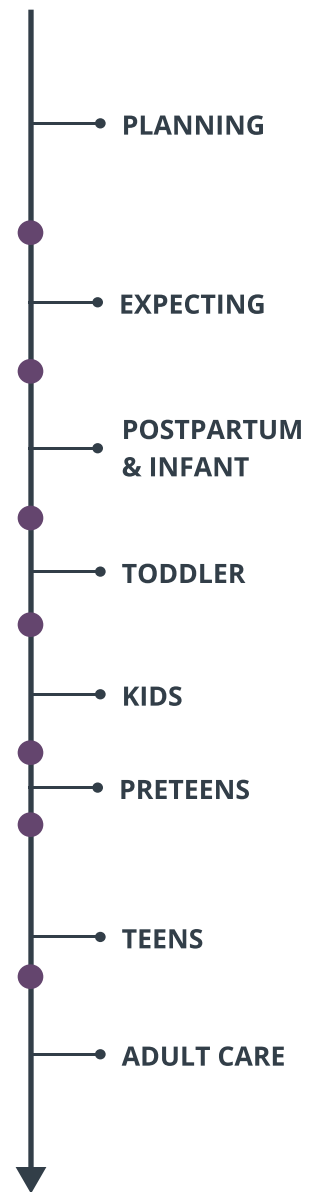
- Emotional support & mental health screening
- Childcare navigation
- Developmental milestones and screening
- Clinical support and guidance for specific conditions (e.g. ADHD & autism spectrum disorder)
- Best practices for screen time and social media usage
- Discipline & behavior
- Educational playtime activities
- Learning styles and academic support
- Family dynamics
- Parent community groups
- Positive discipline workshops and virtual classes

For parents with kids ages 13-18

- Relationship building with your teen
- Mental health for you and your child
- Teen development and behavior
- Screen time and digital media
- Nutrition and positive body image
- Bullying
- Discipline & setting boundaries
- Communication
- Sexual development
- Peer pressure and peer relationships
- College and future planning
- Parent community groups

For caregivers of adult loved ones

- Navigating care options and senior housing
- Understanding a diagnosis
- Balancing caregiving and parenting responsibilities
- Emotional wellness and mental health support
- Long-term planning (health, financial, legal)
- Advance care planning
- Stress management, and self-care
- Insurance, VA benefits, and additional employer benefits you may have access to
- Caregiving from a distance
- Safety in the home
- Diagnoses such as Alzheimer's Disease, Chronic Kidney Disease, depression, heart failure and stroke, Parkinson's Disease, falls and hip fractures, and more



Getting started is easy! Scan the QR code or visit hicleo.com/activate to sign up for free.



Childcare & Enrichment Concierge (CCE)

Child Care and Enrichment (CCE) is support provided to members by our Child Care and Enrichment Guides when a member is looking for support with finding child care, education, or enrichment options.

Support is provided when a member completes a child care intake form or completes a call with our Child Care & Enrichment Guide. The CCE Guide will work with the member in a focused manner addressing the members needs related to child care, education and enrichment.



The following are examples of CCE support:

- **Educational overview of child care options:** review early childhood educational approaches, review of timeline and costs based on their location and personalized considerations, materials and referrals
- **Nanny securement process:** review of Cleo's hiring-a-nanny tool kit and provision to parents with personalized resources. Assistance can be provided throughout the nanny securement process.
- **Home-Based provider referrals:** provide local child care referrals to home-based providers that are compiled based on the families requirements
- **Center-based provider referrals:** provide local child care referrals to center-based providers that are compiled based on the families requirements
- **Camp/Enrichment program referrals:** provide local camps or enrichment program referrals that are compiled based on the families requirements
- **Education and school referrals:** assess members needs and provide local education and school referrals that are based on the families requirements
- **Other education and navigation:** support related to child care, education and enrichment that is needed to meet the families needs and goals that results in acute support provided by the Child Care & Enrichment team.

cleo

Menopause support

Did you know? You have access to menopause support from Cleo! Menopause is a highly personal experience, with a wide variety of symptoms and challenges that can impact daily life. Through one-on-one support and personalized care, Cleo addresses your unique needs, ensuring that you receive the most effective support to help you navigate this stage with confidence and ease.

Cleo can help you with:

- Understanding the stages of menopause
- Explaining menopause to your family
- Symptom management and therapies
- Embracing menopause
- Emotional wellness and self-care
- Finding a provider that's aligned with your values
- Options for menopause care
- Building self-advocacy skills

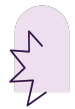


How Cleo can support you



Support that is unique to your journey

No two menopause journeys are alike, which is why your Cleo Guide will provide guidance that's personalized to your goals, needs, and lifestyle.



Your trusted source for all things menopause

You can feel confident knowing that Cleo's resources are always evidence-based and updated as research evolves.



Everything you need, right at your fingertips

Scrolling the internet and scouring through information from multiple sources can be overwhelming and confusing. Consider Cleo your one-stop shop for all things menopause.

Get started today!

1. Open your Cleo app
2. Create your profile, or navigate to your existing profile
3. Click on the + symbol
4. Select 'I'd like support for myself'
5. Select the areas you'd like support, and add menopause



**Scan here to
open your
app or to sign
up for Cleo!**

For additional assistance, email support@hicleo.com