

Your Go-To As a Working Parent

BenefitBump is a benefit navigation program for all growing families – with support for pregnancy, adoption, surrogacy and fertility treatment. Offered by your employer at no cost to you and your spouse/partner, BenefitBump's digital tools and dedicated Care Navigators provide support for every step of every parenthood journey.

Support for all paths to parenthood include but is not limited to:

PREGNANCY

- ✓ Birth Planning
- ✓ Doula, Midwife, OBGYN Search
- ✓ Loss Support
- ✓ Leave Guidance

ADOPTION

- ✓ Process and Financial Planning
- ✓ Adoption Agency Search
- ✓ Home Visit Preparation
- ✓ Legal Case Management

POSTPARTUM

- ✓ Up to 1-year postpartum Support
- ✓ Lactation Counseling Search
- ✓ Baby New Provider Search
- ✓ Childcare Planning

FERTILITY*

- ✓ Financial Planning to Offset Costs
- ✓ Fertility Clinic Search
- ✓ In-the Moment Emotional Support

**Fertility coverage depends on your employer plan*

**Enrolling in
BenefitBump takes
just 5 minutes.**

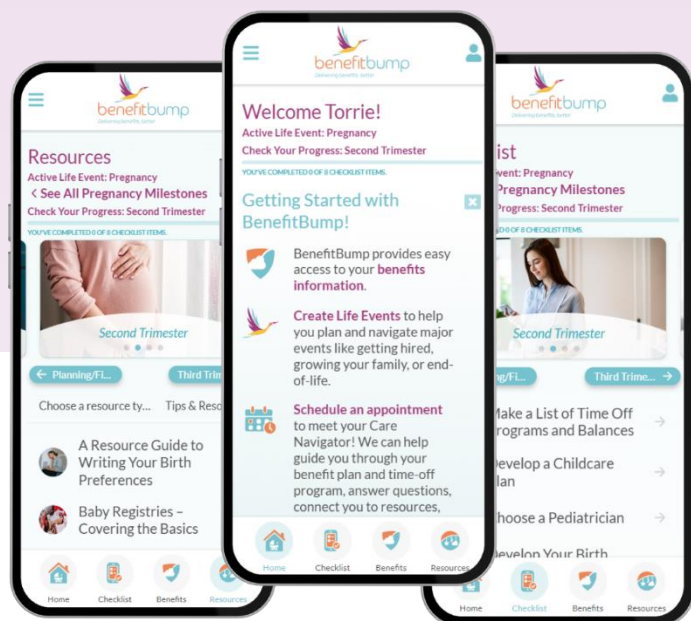
Visit mybenefitbump.com or download the BenefitBump mobile app. When registering, use the invitation code **A-STATE**

Not to spoil the surprise, but your family will have the opportunity to get several **free gifts** throughout your engagement with the program.

For questions, give BenefitBump a call at 888-286-7314 or send an email to participantservices@benefitbump.com.

Pregnancy & Post-partum

Support for every step of your pregnancy and postpartum journey.



Balancing work and parenthood can be challenging, but support is only an app away.

Scan the QR code to sign up for BenefitBump in **less than 5 minutes** using your employer-specific registration code **A-STATE**



Whether you're in the planning stage for your first pregnancy or a veteran parent having your third child, BenefitBump is here to support you every step of your pregnancy journey.

A dedicated Care Navigator who can help with...

- ✓ Birth preference planning
- ✓ Finding a doula and/or midwife
- ✓ Ordering your free breast pump
- ✓ Applying for leave & transition planning
- ✓ Searching for childcare

24/7 digital tools that include ...

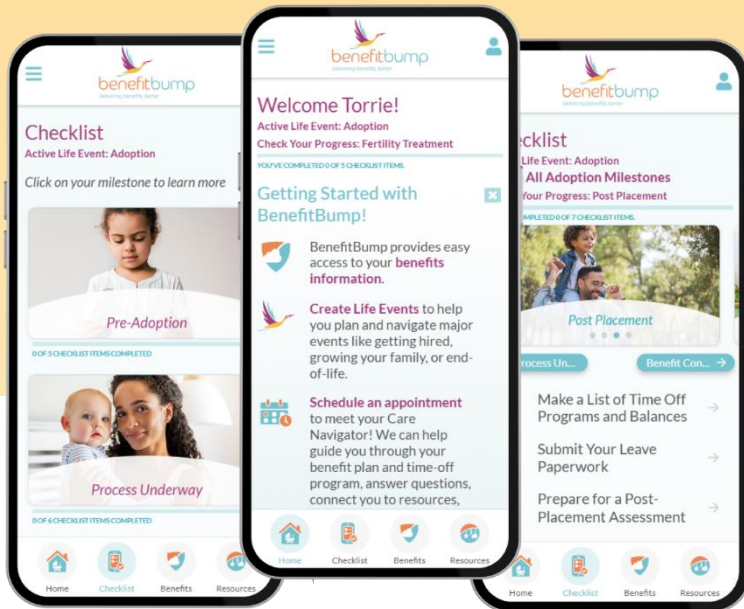
- ✓ Easy scheduling with your Care Navigator
- ✓ Articles, self-paced childbirth & doula classes, and guided meditations
- ✓ Trimester-by-trimester checklists to track to-dos on your journey

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Adoption & Fostering Support



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Whether you need advice navigating the adoption process, guidance on becoming the guardian of a young family member, or personalized support as you prepare for your new family member, BenefitBump is here for you.

A dedicated Care Navigator who can help with...

- ✓ Adoption agency search
- ✓ Home visit preparation
- ✓ Financial planning
- ✓ Applying for leave & transition planning
- ✓ Childcare searches

24/7 digital tools that include ...

- ✓ Easy scheduling with your Care Navigator
- ✓ Articles, resources, and adoption planning guides
- ✓ Set-by-step checklists to track of important to-dos

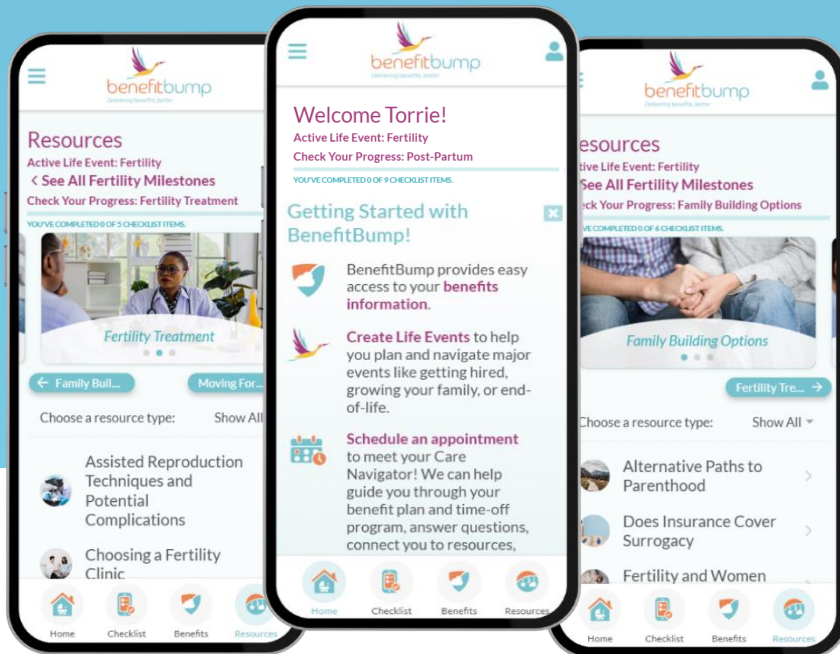
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Fertility Support



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From understanding the costs of fertility treatments and managing your prescriptions to finding a clinic and providing emotional support throughout your journey, BenefitBump is here for you every step of the way.

A dedicated Care Navigator who can help with...

- ✓ Family growth planning
- ✓ Fertility clinic search
- ✓ Financial planning to offset costs
- ✓ Becoming your own advocate
- ✓ In-the-moment emotional support

24/7 digital tools that include ...

- ✓ Easy scheduling with your Care Navigator
- ✓ Articles and fertility planning guides
- ✓ Trimester-by-trimester checklists to track of important must-dos

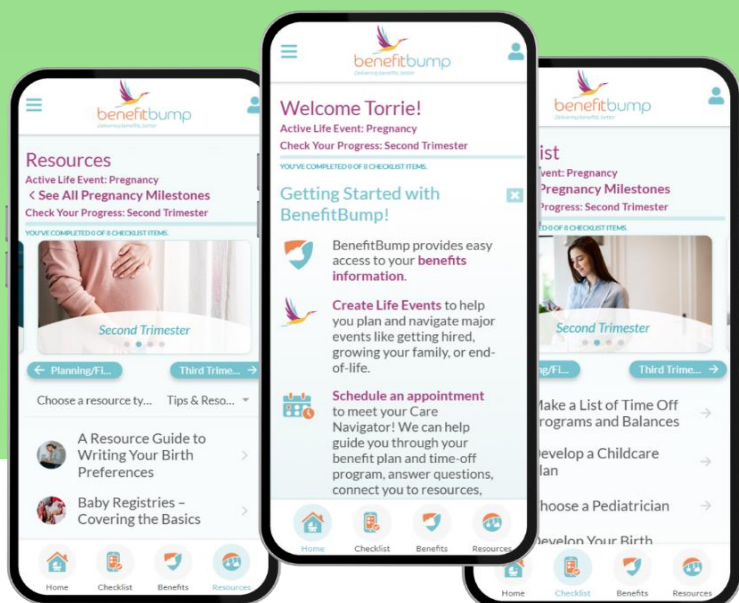
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Family Planning Support








**Balancing work and
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challenging, but support is
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From navigating the complexities of family planning and managing your options to providing emotional support and guidance throughout the process, BenefitBump is here for you every step of the way.

A dedicated Care Navigator who can help with...

-  Family growth planning
-  Understanding benefits to enroll in
-  Family financial planning
-  Plan for leave
-  In-the-moment emotional support

24/7 digital tools that include ...

-  Easy scheduling with your Care Navigator
-  Articles, self-paced classes, and guided meditations
-  Trimester-by-trimester checklists to track of important must-dos

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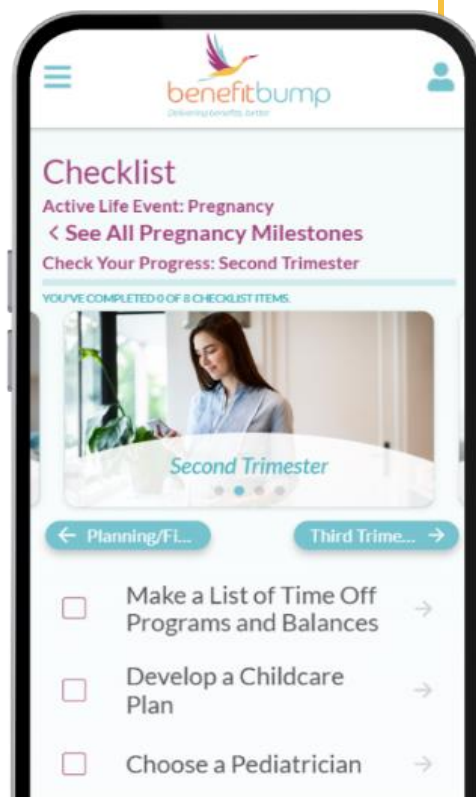
Breastfeeding Support

Simplifying Breastfeeding Benefits and Lactation Support

Breastfeeding is a unique and personal journey, particularly for working parents, with its own set of challenges. BenefitBump is here to help you navigate your breastfeeding benefits, find lactation consultant, and offer practical and emotional support every step of the way.

BenefitBump's digital tools and dedicated Care Navigator can help with:

- ❖ Ordering your free breast pump via insurance
- ❖ Finding a lactation consultant
- ❖ Locating a private space to pump
- ❖ Planning milk storage during travel
- ❖ Brainstorming weaning options
- ❖ Understanding nutritional needs for milk production
- ❖ **And more!**



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Parenting & Childcare

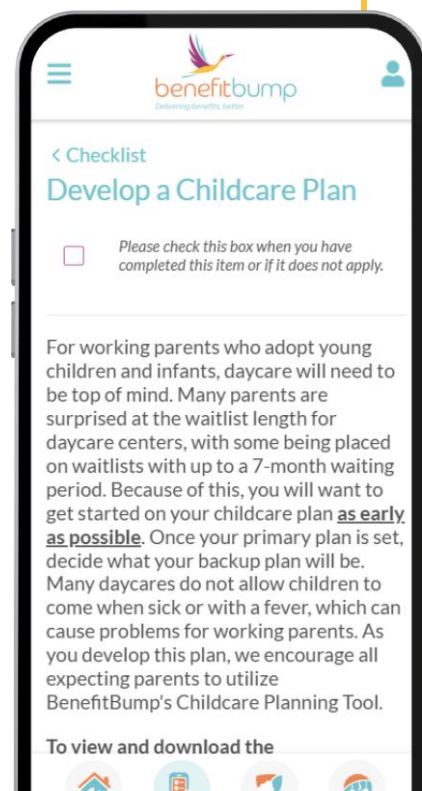
Supporting You Through Every Step of Parenting and Childcare.



Parenting and childcare present unique challenges, especially for working parents. BenefitBump is here to assist you with navigating your parenting benefits, finding childcare resources, and offering both practical and emotional support throughout your journey. From the first year and terrible twos, we are here to help as you balance work and family.

BenefitBump's digital tools and dedicated Care Navigator can help with:

- ❖ Finding a childcare provider
- ❖ Creating a primary and backup childcare plan
- ❖ Understanding provider types that best fit family needs
- ❖ Planning around work and child functions
- ❖ Aligning career goals with family growth
- ❖ Connecting to feeding and baby sleep resources
- ❖ Connecting to emotional health resources
- ❖ **And more!**



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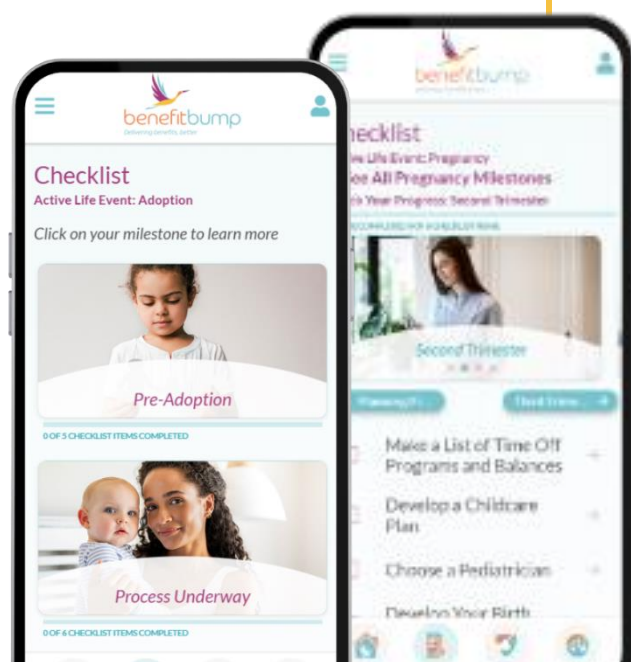
Leave Support

Simplifying leave for a better bonding and recovery experience.

Parental and maternity leave are pivotal moments in a family's journey, filled with excitement and challenges. At BenefitBump, we understand the complexities of balancing work and family life during this time and are here to help you navigate your leave benefits, connect with resources, and ensure a smooth transition to and from the workplace.

BenefitBump's digital tools and dedicated Care Navigator can help with:

- ❖ Discussing leave needs with manager
- ❖ Understanding time off programs
- ❖ Planning transition to and from leave
- ❖ Finding childcare ahead of return to work
- ❖ Aligning career goals with family growth
- ❖ Return to work planning
- ❖ **And more!**



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