

Support for Planning & Expectant Parents: BenefitBump



BenefitBump is a **benefit navigation** solution for all growing families – with support for pregnancy, adoption, and fertility treatment



Participants are assigned a **dedicated Care Navigator** to guide them through the BenefitBump program and their entire parenthood journey



To supplement our human interactions, BenefitBump offers **24/7 mobile self-service** and content



BenefitBump helps you optimize your Arkansas State University-provided benefits, improve your well-being, and reduce stress



BenefitBump is **free** for all Arkansas State University employees *and* for their partner or spouse



What to Expect During Engagement

Once you sign up, you will be encouraged to have an orientation call with your dedicated Care Navigator to learn about the BenefitBump program and resources available to you. During that call, you will:



Share more about your journey to parenthood and how BenefitBump can help



Review Arkansas State University's benefits and resources that can support your journey



Review the “to-do list” based on your parenthood Journey and where you are in that journey



Schedule recurring calls

Free Swag!

As you near your adoption placement or due date, your Care Navigator will take you on a shopping spree! Choose the items you need and have them mailed straight to your door.

How do you sign up?

You can register one of two ways:

1. Call us at [\(888\)BUMP-314](tel:888BUMP314)
2. Visit mybenefitbump.com or download the BenefitBump mobile app.

When registering online, use invitation code 'A-STATE'