

# Taking Parental Leave?

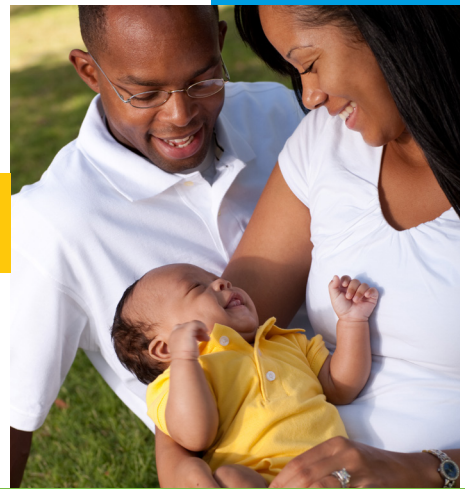
Having or adopting a child is an exciting time, and it can also be overwhelming. Health Advocate is always at your side to help while you're on parental leave and once you transition back to work. A Licensed Professional Counselor can offer you emotional support and a Work/Life Specialist can find any resources you may need. This can help ease the stress so you can focus on bonding with your child.

## Call us any time. We can help you:

- **Learn coping tips** to address stress, emotional and family adjustment and other personal issues
- **Find babysitters**, transportation and other support services
- **Locate resources to ease your transition back to work**, including childcare, special needs programs
- **Connect with a financial consultant** to guide you with adding your baby to your insurance, saving, budgeting
- **Connect you with a medical bill negotiator** to help negotiate non-covered medical or dental bills
- **Act as an ongoing resource** for you and your family

**Remember...** Eligible employees, their spouses, dependents, parents and parents-in-law can all use our confidential services. In a crisis, help is available 24/7.

©2018 Health Advocate HA-CWM-1806006-1.1FLY



## Go to your member website for helpful resources and information

- Childcare search
  - Childcare/babysitter checklists
  - Child safety checklist
  - Breastfeeding information
  - Infant and toddler development
  - Getting babies to sleep
  - How to stop a crying child
  - Finances for new families worksheets
- ...and more



Turn to us—we can help.



Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/](http://HealthAdvocate.com/)

Contact Absence Management at [absence@psu.edu](mailto:absence@psu.edu) or 814.864.1782

Download the app today!



**HealthAdvocate**<sup>SM</sup>