



Abbott

FOR ALL THE MOMENTS OF YOUR LIFE



Programs and resources for you and your family



BEING HEALTHY

EXPLORE HEALTH PLANS

- Medical, dental & vision
- Teladoc

GET FIT & LIVE WELL

- Fitness, sleep, and nutrition rewards (Castlight)
- Diabetes, heart health & weight management (Omada)
- Incentives for managing chronic conditions and preventive care
- Tobacco cessation
- Sleep improvement (Spring Health)
- Help managing stress (Spring Health)
- Fitness Center discounts (Perkspot)

LEAVE & DISABILITY

- Paid parental leave
- Paid medical leave



HEALTHCARE GUIDANCE

ABBOTT CARE COORDINATORS

- Support for health plan participants. Find in-network providers, see your deductible, get help with claims.

HEALTHCARE TOOLS

- Diagnosis review/second opinion (Teladoc)
- Save on prescription drugs (Rx Savings Solutions)



BUILDING FINANCIAL SECURITY

BUILDING FOR TOMORROW

- Stock Retirement Plan 401(k)
- Health Savings Account (HSA)
- Save for retirement while paying off your student loan (Freedom 2 Save)

SAVING MONEY TODAY

- Tax-advantaged spending accounts for health and dependent care
- Free financial consultations
- Perkspot discount programs
- Affordable college degree (FreeU)

INCOME PROTECTION

- Life insurance
- Long-term care insurance
- AD&D insurance
- Disability benefits



CARING FOR SELF & FAMILY

GROWING YOUR FAMILY

- Adoption assistance
- Pregnancy, Fertility & Surrogacy assistance
- Foster care reimbursement

WORK/LIFE BALANCE

- Free employee and family counseling (Spring Health)
- Free tutoring support (TutorMe)

CAREGIVING

- Elder care support (Care.com)
- Childcare access and discounts (Care.com)
- Support for children with special needs (Care.com)
- College advisory services (Care.com)

LEARN MORE AT [ABBOTTBENEFITS.COM](https://abbottbenefits.com) OR ACCESS SERVICES DIRECTLY:

ABBOTT BENEFITS CENTER

View, enroll or change your medical and financial benefits.

Via [AbbottBenefits.com](https://abbottbenefits.com)
844-30-MY-ABC (844-306-9222)

WELLNESS BENEFITS
[iLiveLifeWell.com](https://ilivelifewell.com)

ABBOTT CARE COORDINATORS

Find providers and get claims help via [AbbottBenefits.com](https://abbottbenefits.com)
888-614-1011

BENEFITS FOR PARENTS
[Parental.Abbottbenefits.com](https://parental.abbottbenefits.com)