



Programs and resources for you and your family



BEING HEALTHY

EXPLORE HEALTH PLANS

- Medical, dental & vision benefits
- Free preventive care under all Abbott medical plans
- Telemedicine (Teladoc)

GET FIT & LIVE WELL (PROGRAMS IN CASTLIGHT)

- Fitness rewards (Castlight)
- Eating & exercise coaching (Kurbo)
- Diabetes, heart health & weight management (Omada)
- Incentives for managing preventive and chronic conditions
- Tobacco cessation
- Sleep improvement (Sleepio)
- Help managing stress (meQ)

LEAVE & DISABILITY

- Paid parental leave
- Paid medical leave



HEALTHCARE GUIDANCE

ABBOTT CARE COORDINATORS

- Support for BCBS and UHC 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)
- Tuition assistance
- Company-paid undergraduate coursework (FreeU)

SAVING MONEY TODAY

- Tax-advantaged spending accounts for health and dependent care (FSAs and HSA)
- Free financial counseling (LifeWorks)
- Discount programs (Perkspot)

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

WORK/LIFE BALANCE

- Free employee and family counseling (LifeWorks)
- Access to wellness and personal support resources (iLiveLifeWell.com)
- Free tutoring support (TutorMe)

CAREGIVING

- Elder care support (CarePartner)
- Discounts for childcare and babysitting (Sittercity)
- Support for children with special needs (torchlight)

...and many more!

LEARN MORE AT [ABBOTTBENEFITS.COM](https://abbottbenefits.com)

ABBOTT BENEFITS CENTER

View, enroll or change your medical and financial benefits.

Via AbbottBenefits.com
844-30-MY-ABC (844-306-9222)

WELLNESS BENEFITS iLiveLifeWell.com

BENEFITS FOR PARENTS Parental.Abbottbenefits.com

ABBOTT CARE COORDINATORS

Find providers and get claims help via AbbottBenefits.com
888-614-1011

CASTLIGHT

Earn points for wellness via phone or computer. Download Castlight via iLiveLifeWell.com or get help at 844-711-7113.