

Supporting your family from family planning to caring for an adult loved one

Starting, growing, and taking care of a family is a nonstop adventure. Cleo offers 1:1 guidance and support, resources and tips, virtual workshops and expert sessions, access to a network of parenting specialists and experts, and more — all 100% paid for through your employer as part of your employee benefits. Cleo supports families from family planning and mental health support to figuring out childcare for your family, navigating raising teens, exploring options for senior care, and beyond.

Family planning & fertility

- Emotional support & mental health screening
- Family planning
- Clinical intervention guidance
- Fertility qualifications and benefit navigation program
- Support through IVF, IUI, & more
- Egg freezing
- Adoption & fostering
- Surrogacy
- Miscarriage & loss
- Infertility support groups

From expecting to baby's 1st birthday

- Emotional support & mental health screening
- Pregnancy & prenatal health
- Miscarriage & loss
- Guidance towards high quality providers
- Postpartum support
- Newborn & infant parenting
- In-app feeding tracking
- Lactation & sleep training
- Careers & return to work
- Developmental milestones
- Prenatal and newborn parent support groups
- Birth prep and new parent virtual classes

For parents with kids ages 1-12

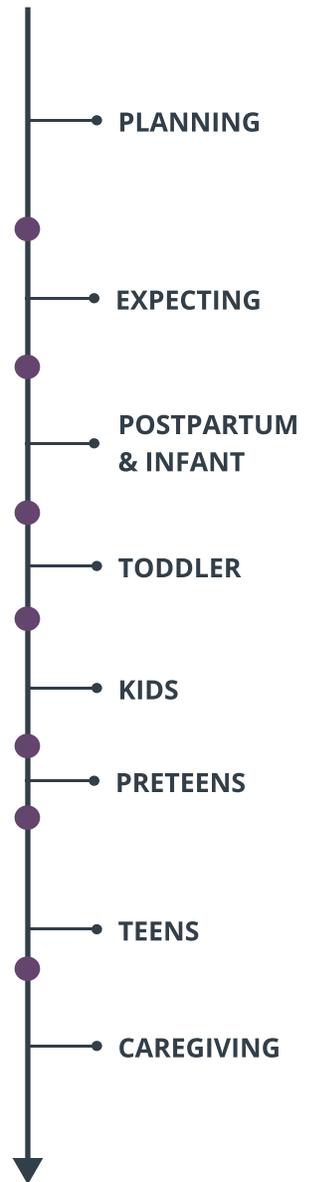
- Emotional support & mental health screening
- Childcare navigation
- Developmental milestones and screening
- Clinical support and guidance for specific conditions (e.g. ADHD & autism spectrum disorder)
- Best practices for screen time and social media usage
- Discipline & behavior
- Educational playtime activities
- Learning styles and academic support
- Family dynamics
- Parent community groups
- Positive discipline workshops and virtual classes

For parents with kids ages 13-18

- Relationship building with your teen
- Mental health for you and your child
- Teen development and behavior
- Screen time and digital media
- Nutrition and positive body image
- Bullying
- Discipline & setting boundaries
- Communication
- Sexual development
- Peer pressure and peer relationships
- College and future planning
- Parent community groups

For caregivers of adult loved ones

- Navigating care options and senior housing
- Understanding a diagnosis
- Balancing caregiving and parenting responsibilities
- Emotional wellness and mental health support
- Long-term planning (health, financial, legal)
- Advance care planning
- Stress management, and self-care
- Insurance, VA benefits, and additional employer benefits you may have access to
- Caregiving from a distance
- Safety in the home
- Diagnoses such as Alzheimer's Disease, Chronic Kidney Disease, depression, heart failure and stroke, Parkinson's Disease, falls and hip fractures, and more



Getting started is easy! Scan the QR code or visit hicleo.com/activate to sign up for free.

