

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

- Step Challenges (Castlight)
- Health & Nutrition Coaching
- Fitness Center Discounts (Perkspot)
- Eating & Exercise Coaching (Kurbo)

LIVE WELL

- Immunizations
- Pre-Diabetes, Heart Health & Weight Management (Omada)
- Preventive Care & Screenings
- Wellness Assessment
- Tobacco Cessation

LEAVE & DISABILITY

- Leave Programs
- Long-Term Care Insurance



CARING FOR SELF & FAMILY

GROWING YOUR FAMILY

- Adoption Assistance
- Ovia Fertility & Pregnancy
- Progyny Fertility & Surrogacy Assistance

WORK/LIFE BALANCE

- Vacation/Paid Time Off
- LifeWorks Counseling
- Stress Management (meQuilibrium)
- Sleep Improvement (Sleepio)

CAREGIVING

- Elder Care Support (CarePartner)
- Perkspot Childcare Discounts
- Support for Children With Special Needs (torchlight)



HEALTHCARE GUIDANCE

ABBOTT CARE COORDINATORS

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

HEALTHCARE TOOLS

- Second Opinion Service (Best Doctors)
- Save on prescription drugs (Rx Savings Solutions)



BUILDING FINANCIAL SECURITY

BUILDING FOR TOMORROW

- Student Loan Program (Freedom 2 Save)
- Health Savings Account (HSA)
- Stock Retirement Plan 401(k)

INCOME PROTECTION

- Accidental Death and Dismemberment (AD&D) Insurance
- Leave Programs
- Life Insurance
- Long-Term Care Insurance
- Sick Pay
availability varies by location

SAVING MONEY TODAY

- Dependent Care Flexible Spending Account (FSA)
- Health Care FSA
- Health Savings Account (HSA)
- LifeWorks Financial Counseling
- Perkspot Discount Programs
- Pre-Tax Commuter Benefits

Learn more at AbbottBenefits.com or access services directly:

Abbott Benefits Center

View, enroll or change your medical and financial benefits.
AbbottBenefits.com | 844-30-MY-ABC (844-306-9222)

Abbott Care Coordinators

Find providers and get help with claims.
AbbottHealthPlan.com | 888-614-1011

LiveLifeWell

Learn about Castlight and other wellness programs.
iLiveLifeWell.com