

HERE FOR THE PARENT YOU!

Caring for your loved ones is the most important priority, and Nestlé is here to help.

Generous Parent Support Policy

Nestlé provides time with your family when you welcome your new addition. You get **18 weeks** if you're the primary caregiver or **four weeks** if you're a non-primary caregiver.

Learn more on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Parental Leave](#).

Diverse mental health resources

- **Employee Assistance Program (EAP)** for counseling
- **NeuroFlow** to track your habits
- **BetterHelp** for therapy the way you prefer it
- **Headspace** to build resiliency
- **Nestlé CareFirst** medical plan for telemental video visits; or for HMOs, call the number on the back of your ID card

Find more support on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Emotional Wellbeing](#).

Family financial help

Nestlé offers financial support however your family changes. If you have eligible daycare expenses, save on taxes with the **Dependent Care Flexible Spending Account (FSA)**. And if you're looking to build a budget or save for college, get free financial coaching from **Financial Finesse**.

Learn more on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Financial Wellbeing](#).

Programs to keep you physically fit

- **Sharecare** to get healthy with personal coaching
- **Optifast®** to maintain a healthy weight
- **Active&Fit Direct™ Program** to work out where and when you want

Get more information on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Physical Wellbeing](#).

Ovia Parenting & Baby Tracker app

Navigate the early years with newborn health tracking and health coaching support based on your child's age.

Find the right app for you on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Ovia Health](#).

Gerber® coupons

Get Gerber® discounts on infant formula and food products.

Download the form to start saving on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Gerber Formula](#).

Looking for additional support?

Use your \$500 from the Lifestyle Spending Account (LSA) to get the support you need.

Helpful breastfeeding services

Get help from lactation consultants and support transitioning back to work while breastfeeding through **Ovia Health**, and use **Milk Stork** when traveling. Nestlé medical plans also provide you with a no-cost breast pump — contact the number on the back of your medical ID card to learn how to receive one.

Get more information on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Lactation Support](#).

Support for the LGBTQ+ community

Get your questions answered by a confidential, dedicated health care concierge provided through **Included Health**.

Find more information on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Included Health](#).

Innovative childcare offerings

Find back-up care through **Bright Horizons®** and everyday sitters, nannies, housekeepers and pet sitters through a free **Sittercity** membership. Plus, get discounts on in-person and virtual tutoring and activities to help your kids learn.

Find more information on [Healthworksatnestle.com](https://healthworksatnestle.com) > [Bright Horizons](#).

Preparing for the unexpected

As you are growing your family, prepare for the unexpected. **Life insurance** is offered by Nestlé to protect your loved ones.

- Benefits-eligible employees are automatically provided \$5,000 in **child life insurance coverage** for 30 days following the live birth of your first-born child. Benefits-eligible employees have 30 days from the birth to continue this coverage or elect additional coverage. If you do not enroll, the coverage will terminate on day 31.
- The **EAP** and **MetLife Legal Plans** can also help you with estate planning and creating a will to guarantee your assets pass to the people you select in the manner you desire.

Learn more on [Healthworksatnestle.com](https://healthworksatnestle.com).

Don't forget to confirm your beneficiaries (for life insurance, HSA and 401(k)) are in place and up to date.



FOR MORE INFORMATION

[Healthworksatnestle.com](https://healthworksatnestle.com) > [Life & Family](#) > [Family Support](#)
Nestlé Benefits Service Center at 1-877-637-2255, option #2