

Supporting you from self-care, to family planning and parenting, through 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 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.

For anyone and everyone

- Managing stress, self-care and emotional wellness
- LGBTQIA+ and culturally concordant care
- Career coaching
- Understanding a diagnosis
- Balancing career and personal responsibilities
- Long-term and advanced care planning (health, financial, legal)
- Insurance and additional benefits eligibility
- Community support groups
- Navigating life transitions including grief, relocation, menopause, and much more

Family planning & fertility

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

From expecting to baby's 1st birthday

- Emotional & mental health support
- Pregnancy, prenatal & postpartum support
- Miscarriage & loss
- Guidance towards high quality providers
- Newborn & infant parenting
- Lactation & sleep coaching support
- 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 & mental health support
- Childcare navigation
- Support and education around childhood and adolescent development
- Support and education for parents of neurodivergent children
- Best practices for screen time and social media usage
- Discipline & behavior
- Educational playtime activities
- Learning styles and academic support
- Family dynamics
- Positive discipline workshops and virtual classes

For parents with kids ages 13-18

- Communication and 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
- Discipline & setting boundaries
- Social relationships, peer pressure and bullying
- Sexual development
- College and future planning

For caregivers of adult loved ones

- Navigating care options, senior housing and safety in the home
- Emotional wellness and mental health support
- Long-term and advanced care planning (health, financial, legal)
- Caregiving from a distance
- Insurance, VA benefits, and additional employer benefits you may have access to
- Understanding diagnoses such as Alzheimer's Disease, Cancer, Chronic Kidney Disease, depression, heart failure and stroke, Parkinson's Disease, falls and hip fractures, and more

SELF-CARE

FAMILY PLANNING

EXPECTING

POSTPARTUM & INFANT

TODDLER

KIDS

PRETEENS

TEENS

ADULT CARE



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