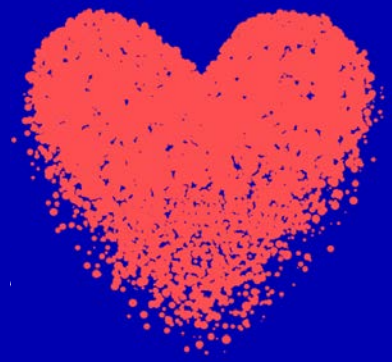


Benefits for Life Card Expecting Parents



This HIMSS Benefits Life Event Card is designed to *support all of you* by giving you the information you and your family needs during a life transition.



Overview

Congratulations on your upcoming or recent birth of your child(ren). The below outlines items that may need your attention to support you and your growing family.

Connect with the HR team to learn about leave planning and coordination of other benefits. HR is here to address questions or concerns throughout this period.



Top Things to Know

1. [BCBSIL Special Beginnings Maternity Program](#) supports early pregnancy until six weeks to delivery where you can safely ask questions and gain insight into the whole pregnancy and delivery process.
2. Included in the HIMSS BCBSIL coverage is the [Ovia Pregnancy app](#) that will support you throughout the entire pregnancy with watching your baby grow, daily personalized articles & tips, food and medication safety, and supportive weekly videos.
3. [wayForward](#) has a parent-focused self guided program to help individuals transition into their new role as a parent. Additionally, you can use [wayForward](#) or [Cigna Life Assistance Program](#) to find referrals to childcare and be paired with parenting resources.
4. You can **update your dependent & beneficiaries** for Health & Welfare benefits through ADP [self-service portal](#). You'll need their legal name, date of birth, and SSN if available. (*SSN is not required for newborns*).
5. Learn about the power of the [Dependent Care FSA](#) to help your family save for planned expenses while saving on taxes.
6. You may want to [review and/or change](#) your Federal and or State **tax withholdings**.
7. If you wish, **celebrate the news** with everyone across the organization by submitting a photo and blurb to [the HERO team](#) and it'll be posted on HIMSS Happening page on HERO.



Where to go for Support

Contact the HR team for guidance at humanresources@himss.org