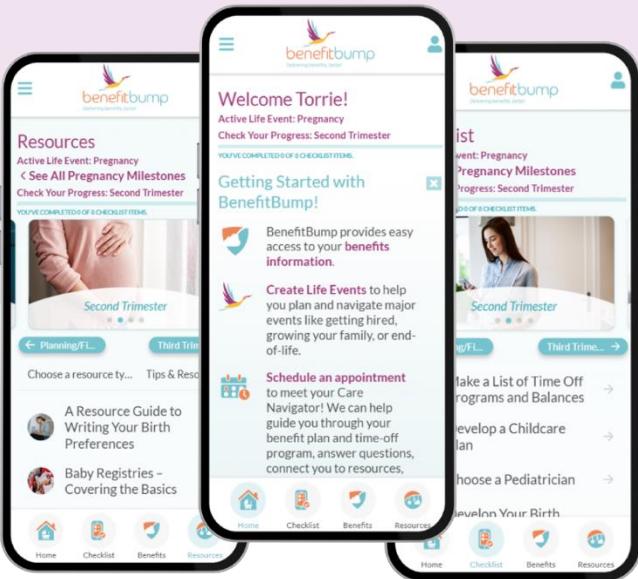


# Pregnancy & Postpartum Support

Support for every step of your pregnancy and postpartum journey.



Whether you're in the planning stage for your first pregnancy or a veteran parent having your third child, **BenefitBump** is here to support you every step of your pregnancy journey.

## Your dedicated Care Navigator can help with...

- Birth preference planning
- Finding a doula and/or midwife
- Ordering your free breast pump through insurance
- Applying for leave & transition planning
- Searching for childcare

## 24/7 digital tools that include ...

- Easy scheduling with your Care Navigator
- Articles, self-paced childbirth & doula classes, and guided meditations
- Trimester-by-trimester checklists to track to-dos on your journey



Balancing work and parenthood can be challenging, but support is only an app away.

Scan the QR code to sign up for BenefitBump in **less than 5 minutes** using your employer-specific registration code  
**Ascension**



Still have questions? Call us at 888-286-7314 or email us at [participantservices@benefitbump.com](mailto:participantservices@benefitbump.com)