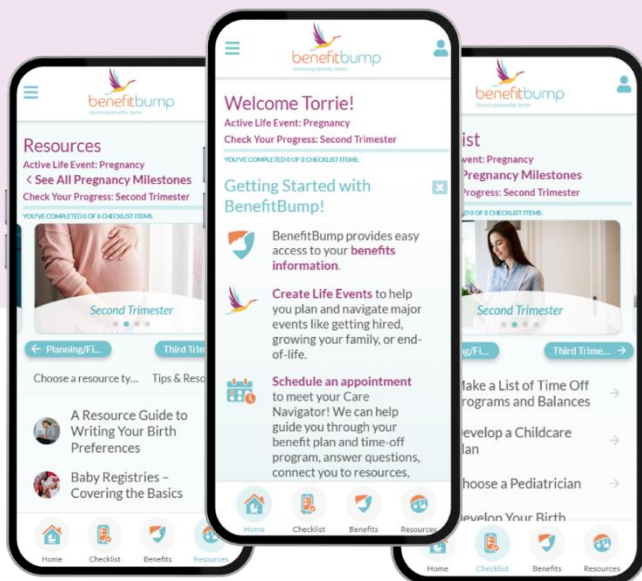


Pregnancy & Postpartum Support

Support for every step of your pregnancy and postpartum 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



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

Still have questions? Call us at 888-286-7314 or email us at participantservices@benefitbump.com