

## Benefits to *Fit Your Life*



Parents wear many hats—schedule-keepers, teachers, protectors and fun-makers. While the parenting journey can be rewarding, supporting and being fully present for your family can often be challenging.

July 25 is National Parents' Day—it is a good time to remind all the parents out there of the programs and support BSC provides throughout major milestones.

**What you will find in this issue:**

**Growing Your Family and Specialist Support Through Your Baby's First Six Months**

**Securing Quality Child Care**

**Supporting Educational Goals**

**Supporting Healthy Minds**

**Safeguarding Financials**

**The Fun Stuff...**

**Tune in to Upcoming Employee Assistance Program Webinars**



## **Growing Your Family and Specialist Support Through Your Baby's First Six Months**

The journey to growing a family is often filled with excitement, nervousness and lots of questions. Fortunately, we have an easy-to-navigate **e-guide** that serves up useful information as you consider expanding your family, prepare for leave and adjust to your return to work.

Take note of **Maven** mentioned throughout the e-guide. With access to over 20 specialties of women's and family health providers, complete with a dedicated care advocate, use of Maven is **confidential and free** to benefits-eligible\* employees and partners.

\*Benefits-eligible refers to employees regularly scheduled to work 20 or more hours per week.



I had never talked to a midwife before—I didn't think it was for me—but I found one through Maven. It was amazing. She met me where I was at, providing data-driven information that was meaningful to me—information I never would have received from my OB-GYN. Maven was also a huge help during my postpartum recovery. I worked with a lactation consultant and physical therapist. My husband used Maven to speak with pediatricians and we talked to a sleep coach which saved us hundreds of dollars.

This is an amazing all-expenses-paid benefit—it's the best one we have for working parents.

– Kate Kamel

Director of Manufacturing Engineering



## Securing Quality Child Care

We have resources to help you find the right care for your family, while saving you time. Check out this [e-guide](#) to learn about the [Personal Assistant Program](#) and how you can speak to work-life specialists for parenting questions, about sending a child off to school and so much more. You can also check out [Care.com](#) to find and reserve high quality child care for unexpected or ongoing needs.

***Important reminder: BSC employees have up to 20 days of subsidized care for family members in 2021 from Care.com. Backup care days are for assistance through an unplanned breakdown in care.***



## Supporting Educational Goals

Supporting your child throughout their educational experience—from pre-school through college—is important to you, and to them. Learn more about educational resources available to you in the [Getting Ready for Educational Needs e-guide](#).



Boston Scientific offers you an opportunity to enroll in a [Dependent Daycare Flexible Spending Account](#) to pay for daycare, preschool and after school programs on a pre-tax basis.

Learn more about tools and resources for private educational loans, as well as continuing education and refinancing options. Access the “Saving for Your Child’s Education” information available through the BCU portal.



**Supporting Healthy Minds**

Seeing your child struggle can be devastating and cause feelings of despair. We have resources to help you recognize when help is needed, have difficult conversations and seek appropriate support.

- Understand your mental health resources and **coverage**.
- UMR members can **schedule a therapy visit for your teen from home through Teladoc**.
- Kaiser members can learn about **video visits** (select your region).



## Safeguarding Financials

It's important to ensure that your assets are safeguarded for those you love. Take the time to leverage the life-planning resources available to help you prepare for your family's future.

- Update your **basic and voluntary life insurance beneficiaries**.
- Update your Vanguard, E\*TRADE and HealthEquity beneficiaries directly through your personal online account with each vendor.
- Learn about **Voluntary Life Insurance**.
- Free **EAP legal, financial and family-support resources**.
- If you're enrolled in the MetLife Legal Plan or Supplemental Life Insurance, you can use **Estate Planning services** for:
  - Last Will and Testament
  - Advance Healthcare Directive (Living Will)
  - Durable Financial Power of Attorney



The Fun Stuff...

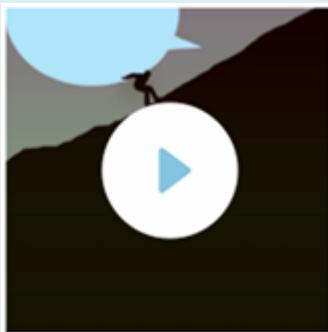
As parents we create a lot of fun memories! Leverage the free **Personal Assistant Program** for help planning parties, events, vacations or staycations. Don't forget to check out the WellBeing site's **Parent Corner** and explore activities and ideas for all ages.

*For many families, summer vacation leads to increased family time. We encourage you to use your vacation benefit to take time off to rest, unplug, explore and have fun.*



## Tune in to Upcoming Employee Assistance Program Webinars

*Open to your family members!*



**Responding to  
Behavior  
That Makes You Feel  
Uncomfortable**

**July 22, 2 p.m. ET**

[Register Now](#)



**Talking to Your  
Child About Tough  
Issues Affecting  
the Family**

**July 27, 3 p.m. ET**

[Register Now](#)



**The Impact of  
Substance  
Misuse  
on the Family**

**August 17, 2 p.m.**

**ET**

[Register Now](#)

## **Additional Internal and External Resources**

- Explore the BSC [WellBeing](#) site.
- Discover support resources and benefits on [BenefitsConnect](#).
- View additional upcoming and recorded webinars [here](#).