

**Subject:** You’ve got benefits that focus on your growing family

**Preheader:** Discover how our checklist can help you make the most of them



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Let your benefits  
help you focus on  
what matters most.



Congratulations on your growing family. A new baby brings so much joy—and a lot of changes, too. To help you adjust, we’ve created a checklist to help you learn about available benefits that can help support your new addition, your own well-being and your family's future.

Discover your benefits

[Participants with HSA:  
<The checklist is tailored to your specific benefits with <company name>.  
It can help you with things like finding post-partum wellness support or  
showing you how to increase your HSA contributions to help pay for  
qualified medical expenses like pediatrician visits, breast pump, and  
diaper cream.>]

[Participants without HSA:  
<The checklist is tailored to your specific benefits with <company name>.  
It can help you with things like finding post-partum wellness support or  
adding your child to your benefits.>]

Download the free [Fidelity Health® app](#) to  
manage your benefits whenever—and  
wherever—you want.



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**Subject:** Make the most of your benefits with another look at your checklist

**Preheader:** Your benefits can help at every stage.



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Your benefits can help now and in the future.



As you settle in and adjust to life with a new baby, it’s a great time to revisit your checklist to be sure you're making the most of your benefits. It can show you how your specific benefits with **<company name>** can help with your new addition and your growing family—now and down the road.

Revisit your checklist

It’s a good idea to keep your checklist handy and check back in with it from time to time.

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**Subject:** Don't miss out on benefits that can help your growing family

**Preheader:** Our checklist shows you how your specific benefits can help.



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Don't miss a moment—or a benefit.



Welcoming a new family member is exciting and joyful, but everything moves so fast. Your benefits may not be top of mind, but we don't want you to miss out. Our checklist is an easy way to see how your specific benefits with **<company name>** can help support your new baby, your own well-being and your growing family.

Discover your benefits

Keep this checklist handy and revisit it to see how your benefits can help your growing family today and in the future.

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