





# Strong families need strong support.

Find resources for the moments that matter most.



 Physical	<p><b>Give your future family a healthy start.</b> Your health today can shape your pregnancy tomorrow. From nutrition to screenings, planning for a family starts with your own health first. This pre-pregnancy guide breaks down what to check, change and consider as you plan ahead.</p> <p style="text-align: center;"><a href="#">View the Checklist</a></p>
 Emotional	<p><b>Get help with childcare, eldercare and more.</b> Through Homethrive, you have access to caregiving support at every stage. Whether it's childcare, aging parents or special needs family—find expert guidance and trusted resources to help you balance it all.</p> <p style="text-align: center;"><a href="#">Explore Homethrive</a></p>
 Financial	<p><b>Protect your family with one simple update.</b> From marriages to births to divorces, life changes fast. And your beneficiary choices should keep pace. Take a moment to confirm your designations match your current life. A few minutes today can help safeguard your family later.</p> <p style="text-align: center;"><a href="#">Update Beneficiaries</a></p>
 Social	<p><b>Disconnect to connect.</b> Heavy device use doesn't just drain your battery. It drains your sleep, focus and quality time with family. Short tech breaks can help you connect with loved ones, reduce stress and improve your overall health.</p> <p style="text-align: center;"><a href="#">Try a Digital Detox</a></p>



## In the know

### Guys, make your health a priority.

Men often put off routine check-ups, but staying ahead of health issues starts with prevention. [MDLIVE® Virtual Care](#) makes it easy to get checked at home. Explore primary care, mental health care and more—all without the waiting room.

[Explore Virtual Care](#)



## Event Spotlight

### Navigate caregiving with clarity and confidence.

Join us June 11 for a 45-minute webinar covering the basics of Alzheimer's disease and dementia. Learn how to spot cognitive decline early, handle care across all stages and avoid caregiver burnout. Can't attend? Register and get the recording.

[Reserve Your Spot](#)

[Be Well Resource Center](#)