



FOCUS AREAS

Life Stage



Being a parent or caregiver can be incredibly rewarding, but that's not to say that both experiences don't have their fair share of challenges. In either journey, you'll nurture and balance the needs of others while also taking care of your own wellbeing, which is no small feat! Whether you're a newbie or just need some guidance, we've got you covered with valuable clinical resources focused on different stages of life.

READY TO LEARN MORE, EARN POINTS & BOOST YOUR STATUS?

Explore our 'Life stage' focus areas!

Each focus area conveniently groups point-earning opportunities, such as goals, videos and articles to help you navigate specific topics.

OUR LIFE STAGE FOCUS AREAS THOUGHTFULLY COVER THE FOLLOWING THEMES:

For parents:

- Healthy pregnancy
- Healthy babies
- Healthy kids
- Healthy toddlers
- Healthy preschoolers
- Healthy teens

For caregivers:

- Healthy caregiving

You can find these resources by navigating from your homepage to **Focus on your health > See all focus areas > Filter > Life stage.**