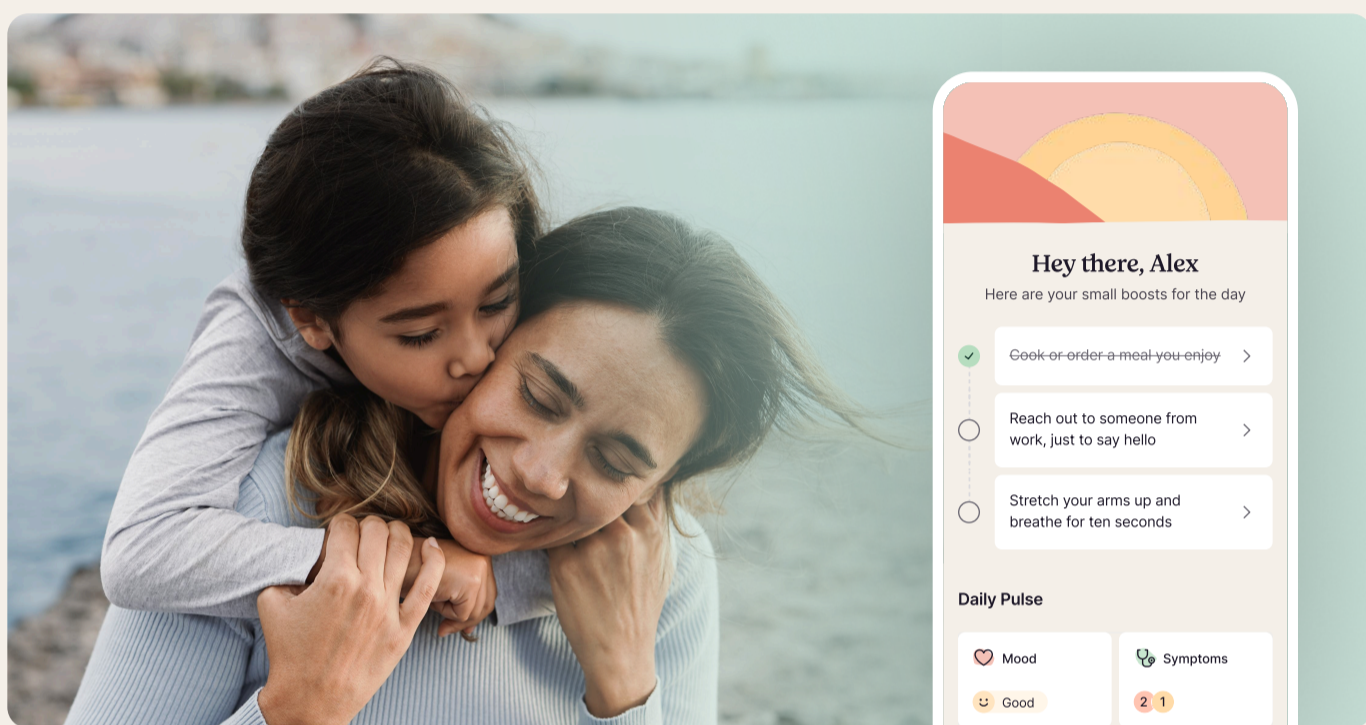


# Navigate your leave with clarity and ease

Empathy Leave Support, a free benefit from MetLife, helps you feel supported and confident while you're on leave, and as you prepare to return to work. More than reminders or checklists, Leave Support provides personalized guidance and human support to help you manage the emotional, physical, financial, and work-related challenges that can arise during leave.

Access Your Benefit



## Support that matters

You'll find guidance in the areas that can most impact your leave experience: your social connections, mental health, physical health, financial concerns, and work dynamics. Through daily check-ins and expert resources, the Leave Support app guides you through each phase of leave, helping you build healthy routines and supporting your transition back to work.

### Track your care

Track your health, emotions, and personal needs so nothing important gets overlooked.

### Nurture your well-being

Access gentle practices and meditations to help you rest, reset, and manage stress.

### Ease back into work

Get a personalized return-to-work checklist and guidance so you feel prepared, not rushed.

### Chat with the Care Team

Get guidance, reassurance, and help navigating decisions across your leave journey.



Scan to activate your  
Leave Support benefit

Or visit [join.empathy.com/metlife-leave-br](https://join.empathy.com/metlife-leave-br)