



What is a Cleo Guide and what do I go to them for?

For every question, for every moment, for every life stage, your Cleo Guide is here to help.



Navigating self-care, parenting or caregiving for others often brings a never-ending list of questions and new challenges. Searching for the answers you're looking for can become overwhelming. **Let Cleo guide you.**

What is a Cleo Guide? When you enroll in Cleo, you are paired with a Cleo Guide (a real person!) who will be there to support you along the way. You are encouraged to message your Cleo Guide at any time with questions! They have extensive experience working with families like yours and are specialists in the issues and challenges you may face.

What's appropriate for screen time based on my child's age?

What are some local options for senior care and housing?

I want to start my family in the near future. Where do I begin?

When will my baby no longer need to be fed at night?

How do I talk to my teen about sexual development & peer pressure?

I'm having a tough time navigating difficult conversations with my partner — help!

How should I be planning for my mom's health and care as she ages?

What can I expect at my 20-week appointment?

Cleo proactively supports you and your family at critical and everyday moments throughout your journey. With dedicated guidance, specialized support through Cleo's network of 60+ types of experts, an extensive library of content, and endless resources — all available through an easy and intuitive mobile app — Cleo provides inclusive care however you may need it, at no cost to you.

Connect with your Cleo Guide by downloading the Cleo app.
Scan here or visit hicleo.com/activate to get started!

