

## Parent Pulse is Now Part of June Health! What You Can Expect

**We are pleased to share exciting news that Parent Pulse has been acquired by June Health.**

June is a leading virtual care platform specializing in women's and midlife health, partnering with employers across Canada to deliver high-quality, expert-led care. Parent Pulse has built a strong foundation supporting parents through evidence-based content, tools, and resources. Bringing our organizations together allows us to deliver a more comprehensive, unified support experience for employees and families.



### **What this means for you**

- One unified brand: The Parent Pulse brand will transition to June Health, creating a single, seamless experience.
- No interruption to service: Your access, resources, and support remain active.
- Expanded capabilities: You will now have access to June Health's broader suite of virtual care services - including midlife women's health, nutrition, care navigation, and virtual clinical support.
- Aligned team: The team behind Parent Pulse is now fully integrated into June Health, ensuring continuity and deeper expertise.



We're excited to continue supporting you - now with an even stronger, more comprehensive offering. If you have questions, our team is here to help.

## **Parent & Family Support Is Now Part of June Health**

Expanding our commitment to women's and family health June Health has expanded its platform with the integration of Parent Pulse, bringing trusted parent coaching and family support services directly into the June Health ecosystem.

This is an exciting milestone in our mission to deliver family care services - recognizing that women's health does not exist in isolation. From pregnancy and early parenthood to midlife and beyond, women carry a disproportionate share of caregiving, emotional labour, and decision-making for their families. Supporting women means supporting the families who depend on them.

By integrating Parent Pulse into June Health, we are strengthening our ability to meet women where they are with practical, expert-led support for both their personal health and their family responsibilities.



## **Why This Matters For Women**

Women are often the primary health navigators for their families while also managing careers, caregiving, and their own physical and mental health needs. The addition of parent and family support services allows June Health to:

- Reduce cognitive and emotional load for women
- Support parents through complex and often under-supported life stages
- Offer a more complete, integrated care experience under one trusted platform
- Help employers better support retention, engagement, and wellbeing for working women and parents

This integration reflects our belief that women's health is family health and that meaningful support must address both.

## What's New on the June Health Platform?

### Parent & Family Coaching

Members can now access expert-led parent coaching, delivered virtually and designed to support real-life challenges across the parenting journey.

#### Available coaching areas include:

- Early Parenthood & Postpartum Support
- Adjustment to parenthood, mental load, sleep routines, feeding transitions, and confidence-building
- Child Development & Behaviour Coaching
- Age-appropriate development, emotional regulation, boundary-setting, and behaviour challenges
- School-Age & Pre-Teen Support
- Transitions, social challenges, learning differences, and family communication
- Adolescent & Teen Parenting
- Mental health awareness, communication, independence, and boundary navigation
- Co-Parenting & Family Dynamics
- Managing shared caregiving responsibilities, blended families, and family stressors
- Working Parent Support
- Balancing work and caregiving, return-to-work transitions, burnout prevention, and time management



#### Parent coaches are trained professionals with backgrounds in:

- Child development
- Family counselling
- Behavioural science
- Education
- Mental health and social work (non-clinical coaching support)



## What's New on the June Health Platform?

### **Curated Resources for Women & Families**

In addition to 1:1 coaching, members can access a growing library of evidence-based resources, including:

- Parenting guides and playbooks
- Developmental milestone tools
- Family wellbeing content
- Practical strategies for managing stress, routines, and transitions
- Employer-specific content aligned to benefits and supports



All resources are designed to be practical, inclusive, and grounded in evidence without adding overwhelm.

### **A Unified Experience Under One Brand**

The Parent Pulse brand has been retired, and all services are now delivered through June Health, creating:

- One platform
- One care experience
- One trusted partner for women's and family health

The same expert team behind Parent Pulse is now fully integrated into June Health, ensuring continuity, quality, and deeper impact.

## Frequently Asked Questions - For Employers

### **How does this benefit our employees?**

This integration expands support for working women and parents—reducing stress, absenteeism, and burnout while improving engagement, retention, and productivity.

### **Is this a separate program or part of June Health?**

Parent and family support is fully integrated into the June Health platform and can be offered as part of a bundled or customized employer solution.

### **Does this replace existing parenting benefits?**

June Health can complement or consolidate existing benefits, helping employers simplify their ecosystem while expanding impact.

## Frequently Asked Questions - For Partners

### **Why did June Health add parent support services?**

Women's health and family wellbeing are deeply interconnected. This expansion allows June Health to address upstream drivers of stress, health outcomes, and care utilization.

### **Can this be integrated into existing partnerships?**

Yes. Parent and family support can be incorporated into employer, insurer, or ecosystem partnerships as part of a broader women's health strategy.

## Frequently Asked Questions - For Consumers / Members

### **Do I need to be a parent to use June Health?**

No. June Health supports women across life stages. Parent coaching and resources are available to those who want or need them.

### **How do I access parent coaching?**

Eligible members can book virtual sessions directly through the June Health platform.

### **Is this clinical care?**

Parent coaching is non-clinical, supportive care designed to complement (not replace) medical or mental health services when needed.

## Looking Ahead

This integration marks an important step in building the most comprehensive virtual care platform for women - one that reflects the realities of their lives, responsibilities, and roles.

We're proud to welcome parent and family support into June Health and even more excited about what this means for the women and families we serve.

