

# NAVIGATING YOUR JOURNEY



Get help navigating your journey with the following resources:

- [I'm a New Hire](#)
- [I'm Getting Married](#)
- [I'm Having a Baby](#)
- [I'm Getting Divorced](#)
- [My Spouse or Dependent is Gaining or Losing Health Coverage](#)
- [I'm Going on Leave](#)
- [I'm Retiring from Houston Methodist](#)
- [I'm Changing Benefits Eligibility Status](#)
- [I Have a Terminal Illness](#)



Houston Methodist HR Benefits | [hrbenefits@houstonmethodist.org](mailto:hrbenefits@houstonmethodist.org) | 832.667.6211 | [myHR.HoustonMethodist.org](http://myHR.HoustonMethodist.org)