

CARE FOR THE **WHOLE YOU**

oh baby!



When a new family member arrives, life changes fast. Luckily, we're here to support you with some great programs and resources that will help care for your growing family.



On-demand resources

Access support and resources for yourself, your family, and your new baby through the Employee Assistance Program (EAP).

 healthadvocate.com/compass-group



Maternity coaching*

You have access to one-on-one coaching, tips, and resources to support you throughout your pregnancy.

 join.virginpulse.com/compassgroup



Virtual care*

Feel better sooner with on-demand access to virtual urgent care and mental health services.

 teladoc.com


New baby checklist:


Before baby arrives:

Speak with your manager.
When you feel ready, you should share your news with your manager. Together, you can work on creating a plan that's right for you.

Set up your leave.
When you're ready, you will use AbsenceTracker throughout your leave process.

To access, login to PeopleHub and click "request a leave of absence" on the homepage. Access PeopleHub through OMS or CAP.

 [Salaried associates](#)

 [Hourly associates](#)

After baby arrives:

Update your benefits.
You can add your new baby to your coverage within 30 days of their birth.

 compassgroup.bswift.com

Update your beneficiaries.
Having updated beneficiaries helps ensure your loved ones are financially protected if something happens to you.

 compassgroup.bswift.com

 netbenefits.com

Find local childcare providers.
The Employee Assistance Program (EAP) helps connect you with childcare providers in your area.

 healthadvocate.com/compass-group