

# 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.



## **Well-being by Headspace<sup>1</sup>**

Explore the Headspace app to help you navigate the transition to parenting and other life changes.

[compassgroup.bswift.com](https://compassgroup.bswift.com)



## **Virtual care<sup>2</sup>**

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

[teladoc.com](https://teladoc.com)



## **On-demand resources**

Explore on-demand resources on a variety of parenting topics. Access code: CompassGroup

[Work/life resources site](#)

## **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](https://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](https://compassgroup.bswift.com) [netbenefits.com](https://netbenefits.com)
  
- Find local childcare providers.**  
The Employee Assistance Program (EAP) by Headspace helps connect you with childcare providers in your area.  
[compassgroup.bswift.com](https://compassgroup.bswift.com) [855-233-9245](tel:855-233-9245)

1. Available to part-time and full-time Associates.

2. Available to Associates and their covered spouse enrolled in an eligible medical plan.