

Disney's family care resources are here when you need them most

Families are an important part of our lives—and how we grow and care for them is unique. That's why you have access to resources that support you and your loved ones in a variety of ways, no matter what stage you're at.

What do you need a hand with today?

"The most important thing is family." – Walt Disney

It's essential to get the right support at the right time for something as important as family. That's why Disney supports you as you build your family and care for your loved ones. These family care resources, especially the family-building benefit, represent an evolution in Disney's benefits offerings and reflect what we hear is most important to you. These benefits and programs illustrate how we're working to help enrich and strengthen your overall well-being.

Here's what our employees & Cast Members are saying:

"I think this [family-building benefit] is absolutely *phenomenal*. It will mean so much to so many people. Another reason to be so proud to work here!"

"The family-building benefit is one I'm sure many will appreciate greatly and take advantage of. This is truly a *progressive move* for our employees."



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What do you need a hand with today?



**CARING FOR
YOUR LOVED ONES**



MAINTAINING BALANCE WHILE CARING FOR YOUR LOVED ONES

Caring for you—and your loved ones



Care Time

Use paid sick time not only for your own illness or injury, but to care for your family, however you define it.

[Learn more at D Tools HR.](#)



Backup Care

When your regular child or elder care arrangements fall through, Backup Care can help when you're in a pinch.

[Check it out.](#)



Telehealth/Virtual Care services

Disney's medical options let you talk to a health care provider at any time, without even leaving the house.

[Contact your medical option network for more details.](#)



Mindfulness resources

Being a caregiver isn't always easy.

Disney's emotional and mental well-being resources can help you cope.

[View now.](#)

Or take a few minutes to do a guided activity.

[Get started.](#)

Support no matter your situation



Elder Care

In addition to Backup Care, you have access to other elder care resources to support you and your loved ones.

[Check it out.](#)



Homework Help

Helping kids complete homework doesn't have to feel like detention.

[Find out how.](#)



Child Safety Kit

If you live with a child under three, a free child safety kit can help improve the safety in and around your home.

[Get one today!](#)



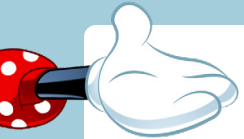
But wait, there's more!

[Check out all the LifeCare resources available to you.](#)

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What do you need a hand with today?



RETURNING TO WORK AFTER BABY



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Support for working mothers



Lactation rooms

Private spaces are available across our locations for breastfeeding mothers to use during work.

[Check out D Tools HR for more details.](#)



Breast milk shipping

Moms on the go can take advantage of free, convenient and safe breast milk storing and shipping services during work travel.

[Take advantage through LifeCare.](#)

Here's what employees & Cast Members are saying:

"In-home Backup Care is a *lifesaver*. I am so thankful for this benefit and it really makes me feel like my company supports me."

"I love my Backup Care benefit because I know if there are any schedule changes, I can count on it to cover me. *Thank you* for this great benefit that takes away a lot of my stress."

Convenient child care



Disneyland Childcare Program

Working parents in Anaheim can take advantage of a network of childcare providers in Southern California. Disney helps offset the costs, too!

If you work in Anaheim, check with your local HR.



Onsite childcare

Many of our larger locations have onsite childcare facilities at a competitive cost.

Reach out to your local HR to see if one is available near you.



Backup Care

Local, low-cost and prescreened providers are available—even at the last minute—to look after your loved ones.

[Check it out.](#)

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ADDING TO YOUR FAMILY



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Family-building benefits

Eligible Disney families now have access to an all-inclusive family-building benefit—up to a single, lifetime maximum of \$75,000.



This benefit provides:

- Fertility services
- Egg and sperm freezing services
- Adoption and surrogacy assistance
- Access to nurse care and behavioral health managers—for your physical and emotional wellbeing
- Referrals, recommendations, education and more

Have two minutes?

[Read an article.](#)

Help for expecting mothers

Getting ready for baby is an important job.



Maternity management program

Moms-to-be (enrolled in a Disney medical option) can find maternity support—like free prenatal vitamins—and can even earn Wellness Rewards by participating in the program.

[Find support by phone](#)

Cigna medical options: 1-800-577-7498

Central FL medical options: 1-877-792-7827



Prenatal kit

Get a prenatal kit—plus access to other resources that help your family with prenatal, post-natal and child care needs. [Get started at LifeCare.](#)



Prenatal yoga

Take steps toward a healthy pregnancy by participating in approved prenatal activities, like yoga. [Watch a video on Grokker.](#)



Lactation consultants

Talk to certified consultants about any breastfeeding concerns and get discounted breast pumps and kits. [Take advantage through LifeCare.](#)

Time for you and your new addition



Parents with new additions to the family (birth of a newborn, adoption, or placement of a foster child) can now take up to eight weeks of paid Child Bonding Leave.

Planning to bond with a new addition this year? [Learn more at D Tools HR.](#)

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DISNEY'S FAMILY CARE RESOURCES AT-A-GLANCE

Resource	Contact Information
Backup Care	Lifecare.com/Disney 1-866-574-7229
Breast Milk Shipping	Lifecare.com/Disney 1-866-574-7229
Care Time	D Tools HR
Child Bonding Leave	D Tools HR
Child Safety Kit	Lifecare.com/Disney 1-866-574-7229
Disneyland Childcare Program	Contact your local HR
Elder Care Resources	Lifecare.com/Disney 1-866-574-7229
Family-building Benefits (Fertility, Egg, Embryo and Sperm Freezing Services, Surrogacy and Adoption)	Managed.winfertility.com/Disney 1-833-439-1520
Homework Help	Lifecare.com/Disney 1-866-574-7229
Lactation Consultants	Lifecare.com/Disney 1-866-574-7229
Lactation Rooms	D Tools HR
LifeCare Resources	Lifecare.com/Disney 1-866-574-7229
Mindfulness Resources	Grokker.com/Disney
Onsite Childcare	Contact your local HR
Prenatal Kit	Lifecare.com/Disney 1-866-574-7229
Prenatal Yoga	Grokker.com/Disney
Telehealth/Virtual Care	Benefits.Disney.com