

What do you need a hand with today?

Life is complicated. That's why Disney provides support for you and your loved ones covering a variety of unique needs.


At Disney, we provide a healthy, flexible and inclusive work environment where employees have the support they need and the choices they deserve. Our caregiver support resources 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.



What do you need a hand with today?

ADDING TO YOUR FAMILY

Family-building benefits

 Eligible Disney families 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 well-being
- Referrals, recommendations, education and more

[Read an article.](#)

Find more help

- Contact LifeCare, now [Care.com](#), at 1-866-574-7229 for 24/7 confidential, personal assistance and to enroll in the Care Membership with Expert Assistance.
- Contact the Employee Assistance Program (EAP) for 24/7 assistance at 1-800-952-6675.

Help for expecting parents

Getting ready for baby is an important job.



Maternity management program

Parents-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.](#)



Prenatal yoga

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



Lactation consultants

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

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.](#)

What do you need a hand with today?

INFANT AND TODDLER

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.](#)



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.](#)

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Help for working parents



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.](#)



Lactation consultants

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



Lactation rooms

Private spaces are available across our locations for breastfeeding/chestfeeding parents to use during work. Check out [D Tools HR](#) for more details.



Breast milk shipping

Parents on-the-go can take advantage of free, convenient and safe breast milk storing and shipping services during work travel. [Take advantage.](#)



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!](#)



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.](#)

What do you need a hand with today?

SCHOOL AGE

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 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.](#)

Find more help

- Contact LifeCare, now [Care.com](#), at 1-866-574-7229 for 24/7 confidential, personal assistance and to enroll in the Care Membership with Expert Assistance.
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Support and resources



Homework Help

Helping kids complete homework doesn't have to feel like detention. [Find out how.](#)



College Preparation

Access college support resources including help navigating college options, financial aid, admissions requirements, and more. [Learn more.](#)



Support for Students with Special Needs

Work with specialists providing personalized support and educational resources to help your student reach academic success. [Learn more.](#)



Additional Resources

See all the family/work-life resources available to you. [Check them out.](#)

What do you need a hand with today?

SENIOR CARE

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.](#)



Senior Care

In addition to Backup Care, you have access to other senior care resources to support you and your loved ones. [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.](#)



Headspace

Get access to hundreds of meditation and exercises for sleep, focus, and movement. [Learn how to sign up.](#)

Support and resources



Additional Resources

See all the family/work-life resources available to you. [Check them out.](#)



Universal Life Insurance with Long-Term Care coverage

Get protection against the high cost of long-term care, which may be needed due to an accident, health issue or aging. [Enroll for coverage.](#)

Find more help

- Contact LifeCare, now [Care.com](#), at 1-866-574-7229 for 24/7 confidential, personal assistance and to enroll in the Care Membership with Expert Assistance.
- Contact the Employee Assistance Program (EAP) for 24/7 assistance at 1-800-952-6675.

What do you need a hand with today?

PEOPLE WITH DISABILITIES

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 senior care arrangements fall through, Backup Care can help when you're in a pinch. [Check it out.](#)



Senior Care

In addition to Backup Care, you have access to other senior care resources to support you and your loved ones. [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.](#)

Support and resources



Homework Help

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Support for Students with Special Needs

Work with specialists providing personalized support and educational resources to help your student reach academic success. [Learn more.](#)



Additional Resources

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Universal Life Insurance with Long-Term Care coverage

Get protection against the high cost of long-term care, which may be needed due to an accident, health issue or aging. [Enroll for coverage.](#)

Find more help

- Contact LifeCare, now [Care.com](#), at 1-866-574-7229 for 24/7 confidential, personal assistance and to enroll in the Care Membership with Expert Assistance.
- Contact the Employee Assistance Program (EAP) for 24/7 assistance at 1-800-952-6675.

What do you need a hand with today?

MANAGE YOUR HOUSEHOLD



Employee Discounts

Save money with discounts and deals through the employee discount program. [Check it out.](#)



Pet Insurance

Take advantage of pet insurance that covers your pet's annual exams, vaccinations and more, along with the complete freedom to choose your veterinarian. [Learn more.](#)



Pet Resources

Take advantage of the family/work-life resources available to help you care for your pets. [Check them out.](#)



Home Resources

Get access to home information and resources, and connect with service providers for home improvement and repair, cleaning services, landscaping, moving and relocation, and so much more. [See how you can take advantage.](#)

Find more help

- Contact LifeCare, now [Care.com](#), at 1-866-574-7229 for 24/7 confidential, personal assistance and to enroll in the Care Membership with Expert Assistance.
- Contact the Employee Assistance Program (EAP) for 24/7 assistance at 1-800-952-6675.



Disney's caregiver support resources are here when you need them most

What do you need a hand with today?

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
Center for Living Well and Gaea Center	myclw.com
Child Bonding Leave	D Tools HR
Child Safety Kit	Lifecare.com/Disney 1-866-574-7229
College Planning and Homework Help	Lifecare.com/Disney 1-866-574-7229
Disneyland Childcare Program	Contact your local HR
Family-building Benefits	Managed.winfertility.com/Disney 1-833-439-1520
Family, Work-Life and Home Resources	Lifecare.com/Disney 1-866-574-7229
Headspace	Work.headspace.com/disney/join
Lactation Consultants	Lifecare.com/Disney 1-866-574-7229
Lactation Rooms	D Tools HR
Mindfulness Resources	Grokker.com/Disney
Onsite Childcare	Contact your local HR
Pet Insurance	Disneyvoluntarybenefits.com
Pet Resources	Lifecare.com/Disney
Prenatal Kit	Lifecare.com/Disney 1-866-574-7229
Prenatal Yoga	Grokker.com/Disney
Senior Care Resources	Lifecare.com/Disney 1-866-574-7229
Telehealth/Virtual Care	Benefits.Disney.com
Universal Life Insurance with Long-Term Care	Disney.YourCare360.com