



Lifespan
Delivering health with care.®

Personal/Family Resources for Lifespan Employees

FAMILY CARE RESOURCES

Bright Horizons Back-Up Care and Crisis Care (children and elders):

Bright Horizons offers back-up care if school's closed, your caregiver is unavailable, or in times of crisis. They'll arrange high-quality care for you so you'll have peace of mind, and your loved ones will get the care they need. Lifespan employees have **access to up to 10 days of care per calendar year.**

Register and Reserve Back-Up Care:

- Visit backup.brighthorizons.com
- Employer Username: Lifespan | Password: TotalRewards

Access Crisis Care:

Through April 30, 2020 at 5:00 p.m., employees also have the option to secure care using your own personal network — a neighbor, friend, or babysitter — and receive a Crisis Care reimbursement of \$100 per day. Any use of the program will count toward your standard number of back-up care visits.

- Visit clients.brighthorizons.com/crisiscare
- Click "Use It" to be directed to the reimbursement form.

Sitter Exchange: Lifespan employees and their families have come together to provide this resource for fellow co-workers who need care for children, elders, or even pets, who can't stay alone. Please fill out a form (intranet.lifespan.org/department-sites/infection-control-lifespan/find-sitting-resource) and browse listings for child sitting, elder sitting and pet sitting in your area. If you find a sitter who fits your needs, you can contact that resource directly.

Care.com: The State of Rhode Island has partnered with Care.com to offer 90 days of premium access to child and senior care support for front line and healthcare workers. A special website has been set up to secure care: www.care.com/rineed

Pet Care: Sittercity provides pet care resources: sittercity.com/Lifespan

INTERNAL RESOURCES

Lifespan COVID-19 Intranet Page: intranet.lifespan.org/ncov

Mental Health Services for Lifespan Employees: 606-0606

The department of adult psychiatry is offering behavioral health services to all Lifespan employees. If you are in need of support, please call the access number above from 8 a.m. to 4:30 p.m. Monday to Friday. Our experts in mental health have volunteered their time to support our colleagues.

Medical Plan:

- Dedicated microsite for Lifespan employees: www.bcbsri.com/lifespan/
- Phone: 401-429-2102 or 866-987-3706
- For more BCBSRI member information related to COVID-19: www.bcbsri.com/coronavirus

Retirement Plan:

- Resources available by Fidelity Investments about your retirement plan and market volatility as a result of the COVID-19 outbreak, including series of upcoming webinars: NetBenefits.com/Lifespan
- For one-on-one telephonic meetings with a Lifespan Fidelity Representative, call: 1-833-697-8756

Employee Assistance Program:

Coastline EAP offers free confidential consultation, assessment and referral for ongoing services for you and your family members. Unlimited 24/7 telephonic counseling for you and your immediate family.

- coastlineeap.personaladvantage.com/
- Login: Lifespan
- Phone: 1-800-445-1195

EXTERNAL RESOURCES

Centers for Disease Control and Prevention (CDC): www.cdc.gov/

- **Mental Wellness Support:** www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html
- **Reducing Stress & Anxiety:** www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#reducing-stress
- **Information for Parents:** www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html#parents

RI Department of Health: health.ri.gov/diseases/ncov2019/

- COVID-19 Info Line: 401-222-8022 (8:30 AM – 4:30 PM); after hours: call 211

Temporary Disability Insurance (TDI) and Temporary Caregiver Insurance (TCI): www.dlt.ri.gov/tdi/

Food Service/Take Out and Delivery/Grab and Go Options:

Employees can take advantage of food delivery services, restaurant take-out or plan to bring meals from home to work.

- **ToGoBOX:** Lifespan has partnered with ToGoBOX – an app that features different restaurants each day, providing a variety of food options with delivery to many Lifespan offices. Most recently, ToGoBOX has expanded its drop-off locations to include The Coro Building (167 Point Street, Providence). They will continue to deliver to offices in the Allens Avenue area. Website: www.letstogobox.com/
- **Doordash:** www.doordash.com/

- **Uber Eats:** www.ubereats.com/
- **Grubhub:** www.grubhub.com/
- **Postmates:** postmates.com/
- **Seamless:** www.seamless.com/
- **'Grab and Go' food options for school children:** health.ri.gov/diseases/ncov2019/about/foodsites

Rhode Island Community Food Bank: rifoodbank.org/find-food/

Meals on Wheels: www.rimeals.org/

Roch's Market Grocery Home Delivery: Roch's Market is offering "no contact" grocery delivery and pick-up services for Lifespan employees. Items include fresh fruits, vegetables, frozen foods, dry goods, dairy, water, bread, meats, etc. Call 1-800-799-0065 to place your order. Availability changes daily. Website: <https://www.rochsmarket.com/>

Farm Fresh RI Delivery/Pick-up: Farm Fresh RI connects local farmers and food producers directly to the consumer. Food is locally sourced, and in most cases can be considered farm to table. Offering delivery to Providence and Pawtucket residents only. All other orders to be picked up at Farm Fresh RI at The Hope Artiste Village, 1005 Main Street, Pawtucket (back of the courtyard off Main Street). Call 401-312-4250, ext. 242, when you arrive. Order online: www.farmfreshri.org/homedelivery

Sign-up Tips:

- Since Market Mobile registration is still set up for restaurants and businesses, please select "advocate" in the business type category and use your full name for the "business" field.
- Ordering times are twice per week, and food pick-up and delivery are also twice a week.
 - For delivery/pick-up on Tuesdays, place your order between 12:01 a.m. on Thursday and 6:30 a.m. on Friday.
 - For delivery/pick-up on Thursdays, place your order between 12:01 a.m. on Monday and 6:30 a.m. on Tuesday.
- There is a \$60 minimum for all orders. If that is more than you wanted to spend, consider purchase pooling with a colleague or friend on an order.