

PARENTING RESOURCE GUIDE

Wondering what's right for your family? Look for these symbols throughout this guide to browse by the age of your child.

CHILDREN OF ALL AGES



BABIES AND YOUNG CHILDREN



SCHOOL-AGE CHILDREN



TEENAGERS AND COLLEGE STUDENTS



PARENTING SUPPORT FOR YOU



**BROWSE THE RESOURCES BY
CLICKING A CATEGORY BELOW:**

CHILDCARE

EDUCATION

BEHAVIORAL HEALTH

MEDICAL

WELL-BEING

COVID-19



LEARN MORE

You can find details on all of these programs at [YourLifeYourRewards.com](https://www.yourlifeyourrewards.com). With specific questions, contact **People Support Solutions** at **(800) 816-8221** or peopleportal.roche.com.



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FINDING CHILDCARE

All of these programs are provided through Bright Horizons™.

RESOURCE

Full-Time Childcare

Gain an advantage in your search for childcare. Jump ahead on the waiting list at select highly desirable childcare centers nationwide with preferred enrollment access. And take advantage of exclusive tuition discounts at participating high-quality centers across the country. Nationwide centers include Bright Horizons, KinderCare, and The Learning Experience.

Bright Horizons Nanny Placement Services

Are you looking for full-time childcare? Do you need help finding a nanny who is reliable, trustworthy, nurturing, and fun? As one of the many parts of your Bright Horizons Additional Family Supports™ benefit, you have discounted access to high-touch local support with recruiting, vetting, and selecting a nanny who is:

- > Individually matched to your family's unique needs with the right experience, skills, and availability
- > Carefully vetted with background checks at the state and federal levels
- > Formally trained in childcare, first aid, and CPR
- > A positive role model who is committed to safety and security

Babysitters, Nannies, and Housekeepers from Sittercity

Let Bright Horizons connect you with additional resources to locate ongoing care and support for your entire family. Need help for date night, the weekend, or after school? Your benefits include free access to Sittercity's comprehensive database of sitters, nannies, and housekeepers. Sittercity also offers virtual sitting so you can keep your kids occupied and looked after while practicing social distancing.

NEW: Sittercity can also help you find a virtual sitter. **Check out their website** to learn more about virtual homework help and engaging games a virtual sitter can play to help your child learn while you work.

Back-Up Care

When your regular childcare falls through, Back-Up Care is there to provide you with a childcare option so you can work. And the program has been **enhanced for COVID-19**.

ACCESS DETAILS

Website: <https://www.yourlifeyourrewards.com/Life/Family-services>

Visit the website for a list of childcare options by location or nationwide.

Website: collegenanniesandtutors.com/bh

Website: sittercity.com/roche

Register at the link above to activate your complimentary membership.

Phone: (877) 242-2737

Website: backup.brighthouse.com

Check out the **Back-Up Care User Guide** for step-by-step directions.



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EDUCATION RESOURCES

Both of these programs are provided through Bright Horizons.

RESOURCE

ACCESS DETAILS

Discounted Tutoring and Test Prep

When it comes to academic success, the right study habits can make a world of difference. Gain easy access to high-quality tutoring and test prep providers offering a variety of online and in-person options with an exclusive 10 percent discount for Bright Horizons families. Delivered by trusted professionals, the broad range of offerings helps students succeed by boosting academic performance and reducing family stress.

Services include:

- > Academic Tutoring (K–12 & College): Get a personal tutor and curriculum tailored to a child’s needs and/or academic interests. Tutoring is available for all major school subjects and all grades.
- > Revolution Math (Grades 2–5): An immersive story-based curriculum sends up to four students on an epic journey to help them master math skills.
- > Test Preparation (Grades 7–12 & College): A full-time professional tutor guides students step-by-step through a holistic improvement plan & spotlights student achievements. Includes test preparation for PSAT/NMSQT®, SAT®, ACT®, ISEE. SSAT®, HSPT®, plus all major primary, secondary, college, and graduate school tests.

Website: revolutionprep.com/brightstudy

College Coach: College Application and Admission Support

You might be worried about your child’s academic future. What will college cost? Will your child get in? How can you help her/him succeed in school? Your free College Coach benefit through Bright Horizons can help you with these concerns and more. Receive expert, insider advice from former college admissions and finance officers, plus former teachers. Get customized college lists and reviews of your child’s college admissions essays. And learn proven strategies for the best ways to finance a college education.

- > Attend monthly live webinars covering topics such as: Saving for College, Successful Scholarship Strategies, The Course Ahead: Majors to Careers, and more

Website: passport.getintocollege.com

To register for a Bright Horizons account, you will need to provide an Employer Username and Employer Password.

Username: Roche

Password: Benefits4You

Virtual Homework Help through SitterCity

Post a position for a Virtual Sitter through SitterCity to help your child with their homework. Learn more about **virtual sitting**.

Website: sittercity.com/roche

Register at the link above to activate your complimentary membership.



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Talkspace

UnitedHealthcare (UHC) members can connect with a behavioral health clinician through text messaging or video visits.

Phone: (888) 264-0749

Website: talkspace.com/connect

Eligibility: Roche/Genentech Employees and family members enrolled in a Roche UHC medical plan

Rethink

Access free one-on-one remote consultation services that help you to address behavior issues with your children. Rethink specializes in supporting parents of children with special needs, though there is no diagnosis required to connect with a consultant. You'll also find easy, step-by-step videos and behavior tools to help your child learn and grow!

Phone: (800) 714-9285

Website: roche.rethinkbenefits.com

Eligibility: Roche/Genentech Employees
(Use signup code "Roche")

Lyra Health

Lyra has a network of quality licensed therapists focused on the latest evidence-based care. Receive up to 25 free virtual therapy sessions per year and access resources that can help you navigate issues like stress, anxiety, depression, parenting challenges, and much more.

Phone: (844) 281-1753

Website: roche.lyrahealth.com

Email: care@lyrahealth.com

Eligibility: Roche/Genentech Employees
Spouse or Domestic Partner
Dependents under 26 years old

Applied Behavior Analysis (ABA) Therapy

Kaiser members

You must work with your Kaiser pediatrician or primary doctor to obtain diagnostic and assessment services, and to receive a referral for ABA treatment.

Kaiser website: my.kp.org/roche/

UnitedHealthcare (UHC) members

Coverage includes ABA services for UHC-covered members with a diagnosed Autism spectrum disorder. You also have access to a specialized UHC Behavioral Health ABA Autism Care Advocate to support both your family and provider with treatment decisions, billing/claims support, and ongoing treatment planning to ensure high-quality outcomes.

UHC HealthTeam: (888) 264-0749

ABA benefits require prior approval for services regardless of whether the provider status is in-network or out-of-network. To access this benefit, call the HealthTeam. When prompted for the reason you are calling, say "Benefits" and at the next prompt, say "Mental Health." You will be connected to the UBH Call Team. Tell the UBH Call Team representative you are calling about Roche's ABA therapy benefit.



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UHC HealthTeam

Available to UnitedHealthcare-enrolled employees and family members, the HealthTeam provides a single, integrated touchpoint across all your medical, prescription drug, Flexible Spending Account (FSA), Rally, and Roche Product Reimbursement benefits. The HealthTeam is your one-stop, dedicated, expert team of nurses and advocates. The HealthTeam can help you find in-network providers, explain benefits coverage, assist with claims issues, and put you in touch with a nurse or mental health clinician to help you navigate more complex health issues. To learn more about how the HealthTeam can support you, check out [Your Guide to the HealthTeam](#).

Phone: (888) 264-0749

The HealthTeam is available
Monday–Friday 5 a.m.–5 p.m. PST.
Connect with a nurse 24/7.

Website: rallyhealth.com/roche

Eligibility: Employees and family members
enrolled in a Roche UHC medical plan

Doctor On Demand

Receive 24/7 access to affordable, quality care from home through virtual visits. You can also connect with a psychiatrist or psychologist to get mental healthcare.

Phone: (800) 997-6196

Website: doctorondemand.com

Email: support@doctorondemand.com

Kaiser Appointment and Advice Line

Kaiser is always there when you need care — in person, online, or by phone. If you have questions, call Kaiser 24 hours a day, seven days a week (closed holidays).

Website: <https://my.kp.org/roche/>

Northern CA Nurseline: (866) 454-8855

Southern CA Nurseline: (833) 574-2273

Northwest Nurseline: (503) 813-2000



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Rally Health

Find all of your benefits information in one place. All employees and their spouse or domestic partner can earn rewards by participating in wellness Missions, completing activities that promote a healthy life, and tracking activity via a step tracker.

Phone: (888) 264-0749

Website: rallyhealth.com/roche

Eligibility: Roche/Genentech Employees
Spouse or Domestic Partner

Headspace

Headspace provides digital (mobile app) guided meditation sessions and mindfulness training.

For content designed for children, open the app, select “Explore” along the bottom banner, then select “Meditate with Kids.”

App: Search “Headspace” in the Apple App or Google Play Store

Website: work.headspace.com/genentechroche/member-enroll

Eligibility: Roche/Genentech Employees

meQuilibrium

meQuilibrium is a resilience program designed to help you manage stress and focus on what is important to you. Enjoy daily content tailored for you through their “Cup of Calm.” As a bonus, earn \$100 for taking the assessment today and acknowledging completion through Rally!

App: Search “meQuilibrium” in the Apple App or Google Play Store

Website: [GetmeQ.com/roche](https://getmeq.com/roche)

Eligibility: Roche/Genentech Employees

Wellbeats

Access 500+ virtual workout classes. Kid-appropriate content (ages 3–14) is also available! Under Class Channels, check out Purposeful Play, Generation Fit, Sports Ready Kids, Move Me!, and BOSU Sports Kids.

Website: portal.wellbeats.com

Eligibility: Roche/Genentech Employees
(Register with your work email address)

Sleepio

Use Sleepio to help you test your sleep and improve it. Receive personalized advice and, if needed, continue with Sleepio’s clinically proven sleep improvement program.

Website: sleepio.com/work/roche

Eligibility: Roche/Genentech Employees

Roche Genentech Parent Current Community (formerly G+ Community)

Join the [Roche Genentech Parent G+ site](#) to connect with other parents at Roche and Genentech.

Website: currents.google.com/communities/109182727285838429702

[communities/109182727285838429702](https://currents.google.com/communities/109182727285838429702)



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COVID-19 RESOURCES

NOTE: These resources are only offered for a limited time to help alleviate challenges due to COVID-19.

RESOURCE

Occupying Your Child While You Work

Bright Horizons Resources

- > **Supporting Elementary School Learners**
- > **Bright Horizons World at Home** is designed by education experts to bring learning from Bright Horizons centers right into your home — access videos and activities for each curriculum area.
- > **Bright Horizons Family Resources for Life at Home** provides tips for children, parents, and caregivers, which are designed to help you stay healthy, strike the right balance with work, school, and caregiving, and keep your child engaged in learning at home.

Rethink Resources

Create an account with Rethink to access lesson plans, resources, and tools to help your child learn and grow! Use flashcards, motivation boards, webinars, and more to make teaching easy.

- > **10 Tips to Support Your Family Right Now**
- > **14 Activities to Keep Your Family Busy**

General Educational Resources

Access a comprehensive list of activities, schedules, tips, and more, broken down by age group.

ACCESS DETAILS

Bright Horizons

Website: clients.brighthouse.com/roche

Rethink

Phone: (800) 714-9285

Website: roche.rethinkbenefits.com
(Use signup code “Roche”)

Email: support@rethinkbenefits.com

Mental Health Tips for the Whole Family

Lyra Health Blogs

- > **Mission Impossible: Learnings From 6 Working Parents In The Time of Coronavirus**
- > **How to Support Your Kids in the Age of Coronavirus: 7 Therapist-Approved Tips**
- > **The Self-Care Essentials You Need to Cope with Coronavirus Stress**
- > **Coping with Uncertainty in the Time of COVID-19**