

# parents and parents-to-be resources

Becoming a parent or being a parent can be one of the most rewarding life events you'll ever encounter. With it may come questions about taking time off, bonding benefits, childcare programs, lactation support and resources for adjusting to new family relationships or everyday parenting concerns. Chevron offers a variety of parent-related resources, plans and programs that will be available to you starting January 1, 2023.



## bright horizons family supports

Provides you with a free, premium Sittercity account to find and screen caregivers, like nannies, sitters and eldercare professionals, as well as resources for discounted online tutoring, test prep, full-time childcare solutions and more.



## rethink

Rethink services provide free, live teleconsultations with behavior experts and access to online resources, including on-demand training videos. While this service is especially important for parents of children with developmental disabilities or learning and behavioral challenges, *any* family navigating the diverse challenges of raising children can find benefit in this program.



## family building support

Chevron provides access to coverage, services, and programs that provide additional support when building your family. The Medical PPO, HDHP, and HDHP Basic provide coverage for **family planning and fertility services** that includes access to a free personalized family building support and guidance program with **WIN Fertility (WIN)**. There are also two reimbursement programs, one for **adoption** and the other for **surrogacy and elective fertility preservation** that can provide financial assistance when expanding your family.



## lactation support

A variety of lactation and breastfeeding resources are available to you through Chevron, including dedicated space for nursing mothers, return to work lactation consultation, Medela Breastfeeding University, the breastfeeding basics workshop, and milk shipment reimbursement when you have to travel for work.



## dependent care reimbursement for business travel program

With this Chevron program, if you travel on company business, you may be eligible for reimbursement of dependent care-related expenses that are above those you normally pay for care when you're not traveling.



## time off to care for your family and to balance work and life

Be sure to review the recent benefit guide you received about **Chevron's Time Away** benefits which include several benefit programs and policies that provide time off to have and welcome a new child to the family, time off to care for family health needs and illness, and other policies that help you better balance the demands of work and home. Access the guide on [hr2.chevron.com/REG](https://hr2.chevron.com/REG).



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