

Quality Care When You Can't Be There.



You can't predict when they'll need you, but you can rely on your adult and elder care benefits.

How can you make sure your loved ones get the support they need, even when they live far away? **Bright Horizons®** can help with:

- **Mom's caregiver vacation** — reserve back-up adult and elder care
- **Your spouse's post-surgery recovery** — schedule an in-home caregiver
- **Future care needs** — plan ahead and access elder care needs assessments and referrals
- **Even more resources** — get the assistance you need to navigate the challenges of adult and elder caregiving

Get Started

Visit <https://clients.brighthorizons.com/UCSD>

Employer Username: UCSD | **Password:** Benefits4You

Download the Back-Up Care app: Search "back-up care" in the App Store or Google Play

Questions? Call 877-BHCares (877-242-2737)