

When should you contact **Upwards?**



Looking for affordable care?

Childcare can be expensive, but Upwards offers affordable options that won't break the bank. Our caregivers are vetted and trained, so you can be sure your child is in good hands.



Need backup care?

If your regular caregiver is unavailable, or if you need someone to watch your child at short notice, Upwards can help. We offer backup care services to ensure that you always have access to high-quality childcare when you need it.



Work schedule change?

Need help to finding care that fits your new work schedule? We offer flexible scheduling options and can help you find a caregiver who can accommodate your specific needs.



Need occasional care?

Only need childcare services on an occasional or part-time basis? We offer flexible scheduling options and can connect you with caregivers who can provide care when you need it.



Expecting a new baby?

Congratulations! If you're a new parent, you might feel overwhelmed by everything you need to do to prepare for your baby's arrival. WeeCare can help by connecting you with trusted caregivers in your area.



Need after-school/summer programs or tutoring?

Our team will guide you through the process and help you find the right program or service that fits your child's needs.



Connect with your Care Navigator today!

(402) 701-4585

upwards.com/benefits/unmc



**University of Nebraska
Medical CenterSM**