Blue Shield of California
24/7 Nurse Line 877-304-0504
General Questions 855-201-8375
Condition Management 866-954-4567
www.blueshieldca.com

Health Net
24/7 Nurse Line 800-893-5597
General Questions 800-641-7761
Preventive services 800-539-4072
www.healthnet.com/uc
Text4Baby
Decision Power Healthy Baby

Kaiser
24/7 Nurse Line 888-576-6225
General Questions 800-464-4000
Appointment Line 888-988-2800
Behavioral Health Care Crisis & Information Line 800-900-3277
www.kp.org/universityofcalifornia

Optum
Mental Health Benefit
Works with your medical plan and EAP to provide you with many mental health services.
888-440-8225
www.liveandworkwell.com
access code: 11280

Bright Horizons
(SitterCity/YearsAhead)
Worklife Benefit
Offers individual access to in-home caregivers including babysitters, nannies, elder care, pet sitters, tutors, housekeepers, and more.
800-SIT-CITY (Option 1)
www.careadvantage.com/universityofcalifornia

Employee Assistance Program (ComPsych Guidance Resources)
Mental Health & Worklife Benefit
Free, confidential service available to All UCI employees, retirees and their dependents. Services range from counseling to personal/financial to work/family life services.
844-824-3273 (24/7)

UC Irvine Parenting Resources

Lactation Resources
Lactation Accommodation
For more information or support for accommodation, contact Human Resources: 949-824-5210

Lactation Locations
Health Education Center, Student Center Rm. G319
McGaugh Hall, Rm. 1241

Child Care Resources
UCI Child Care Services
949-824-2100 www.childcare.uci.edu
Employee Assistance Program
844-824-3273 www.guidanceresources.com (UCI ID: UCIEAP3)
Bright Horizons (SitterCity)
800-SIT-CITY www.careadvantage.com/universityofcalifornia

Financial Resources
Financial Coaching and Counseling
Employee Assistance Program 844-824-3273
Fidelity Retirement Services 866-682-7787

College Savings Plans
Schools First Credit Union www.schoolsfirstfcu.org
Scholar Share College Savings Plan www.scholarshare.com

Employee Perks and Discounts
www.wellness.uci.edu/discounts.html

Alternative Work Resources
Employee Initiated Reduction in Time (ERIT)
949-824-5210 www.hr.uci.edu
Flexible Work Schedule
949-824-5210 www.hr.uci.edu

Other Resources
UC Living Well (Optum)
877-818-5826 client.myoptumhealth.com/uclivingwell
Ergonomic Assistance (EH&S)
949-824-6200 www.ehs.uci.edu
UCI Parenting Workshop Series (HR)
949-824-5429 www.wellness.uci.edu
UCI Medical Center Classes (Patient Health)
877-824-3627 www.healthcare.uci.edu/events

www.wellness.uci.edu
Community Resources

Breastfeeding.com
Website resource that provides information on breastfeeding, breastfeeding questions and answers, concerns about breastfeeding, and more.
www.breastfeeding.com

California Child Care Resource & Reference Network
Local child care referrals. Real person and Spanish speakers usually available.
800-543-7793 www.rnnetwork.org

California SIDS Program
Prevention of Sudden Infant Death Syndrome. Real person and Spanish speakers usually available.
800-369-7437 www.californiasids.com

Childbirth.org
Website resource that provides information on pregnancy, available options, and information on how to provide best possible care essential to a healthy pregnancy.
www.childbirth.org

Child Resource & Information Center
Offers variety of resource materials related to caring for children from birth to age 12 for parents, employers, students and child care providers.
949-724-6632 www.irvinechildcare.org

CUIDAR
Provides quality services to Orange County families and providers and promotes the social, emotional, and cognitive development of children ages 0 through 5.
949-824-2462 www.cuidar.net

Early Start Program
Services for infants and toddlers with disabilities. Real person and Spanish speakers usually available.
916-654-1690 www.dds.ca.gov/earlystart/home.cfm

Families Forward
Community supported nonprofit agency-assists families with housing, counseling, food, referrals, school supplies, career coaching, and other services for residents of Irvine.
949-552-2727 www.families-forward.org

Family Village
Resources for parents of children with disabilities.
www.familyvillage.wisc.edu

Help Me Grow
Developmental services to enhance development, behavior, and learning of children birth through five years.
866-GROW-025 helpmegrowoc.org/index.html

KidsHealth.org
Website resource that provides information about children’s health and development.
kidshealth.org/parent

Maternal Outreach Management System (MOMs)
Provide health coordination, education and access to community services.
714-972-2610 www.momsorangecounty.org

Planned Parenthood (Costa Mesa Clinic)
Offers family planning, prenatal health care, and well-baby care.
949-548-8830 www.plannedparenthood.org

Share Our Selves (SOS)
Comprehensive safety net services to struggling county residents.
949-270-2100 www.shareourselves.org

Western Youth Services
Provides comprehensive mental health services to children, adolescents, and families.
949-855-1556 www.westernyouthservices.org

Women, Infants, & Children (WIC) Supplemental Nutrition Program.
Provide checks for buying healthy supplemental foods from WIC-authorized vendors, nutrition education, and help finding healthcare and other community services,
714-834-8333 www.cdph.ca.gov/programs/wicworks