Welcome to Care@Work
Get the care you need—wherever you are.

Sick kids? Mom and Dad need help in a pinch? Life can be unpredictable, but with Care@Work you’re covered. Get access to fully vetted caregivers and subsidized backup care for your family.

- Request last-minute care for children and adults
- Access prescreened, qualified caregivers
- Set up in-home help and more

Your Backup Care Benefit

For children and adults: 20 days
Benefit is per year, July 1—June 30

Subsidized Rates: $13 per hour for in-home care paid by credit card

NOTE: If you have previously used backup care through Parents in a Pinch or Care.com, you must newly enroll at vumc.care.com to access this program.

Take Care@Work with you
Our easy-to-use app lets you tap into our national network of caregivers 24/7.

Activate and use your benefit at vumc.care.com or call 855.781.1303