



Balancing Your Life

Employee Assistance Program (EAP)

Simmons offers an Employee Assistance Program (EAP) through AllOne Health, which provides confidential counseling at no cost for a range of issues, including legal and financial advice, budget and debt counseling, emotional concerns, career guidance, and more. Our EAP also offers consumer services such as researching child care and elder care options. This plan is extended to household members of the benefits-eligible employee.

Visit the [Benefits Website](#) for details and the latest resources from AllOne Health.

To register, visit [MyLifeExpert.com](#) and click the Sign Up link. In the Company Access Code field, enter "simmons" and follow instructions in the activation email), or call **800-451-1834**.

Care.com

Simmons is offering a Care.com membership to benefits-eligible faculty (including adjunct faculty) and staff at no cost.

Care.com is a digital platform that allows you to manage all your family care needs from any device, 24/7. If you need help with child care, senior care, pet care, home care, or something in between, Care.com can connect you to the right people.

Care.com is the largest online network of caregivers.

On this platform you'll find:

- Coverage for one-time and/or recurring needs
- Detailed profiles that highlight the provider's experience
- Background check options and safety tools
- Real-time payments via the app
- Household payroll and tax assistance

To enroll in this benefit, please register using your Simmons email address at [simmons.care.com](#).

Additional Benefits

Simmons provides many other benefits, including:

- Generous paid time off with holidays, vacation, and winter break for staff *
- Tuition benefits
- Commuter benefits
- Discounts to movies, museums, and more
- Through BenefitHub, enjoy discounts, rewards, and perks from thousands of brands in a variety of categories like travel, shopping, restaurants, entertainment, pet insurance, and more.

To enroll, go to [simmons.benefithub.com](#), enter the referral code 99Y61A, and complete the registration process.



* Under the Massachusetts Earned Sick Time Law, Simmons is required to provide up to 40 hours of paid or unpaid sick time per calendar year to employees.

Visit the [Benefits Website](#) for more information or for more details on policies and guidelines.