

# CARE PACKAGE



## Kids Don't Come with Instructions—RethinkCare Does

Parenting is rewarding, but it's not always easy. That's why L3Harris offers access to RethinkCare parenting experts and resources at no cost to you. Whatever stage of parenting you're navigating—from potty training and tantrums to learning and behavioral challenges—RethinkCare can help lighten the load with:



**1:1 personalized consultations** with a dedicated parenting expert to address your specific parenting concerns



**Training content and guided courses** to help you support your child with socialization, emotional and social skill development, academic challenges, and more



**Unlimited access to how-to videos** depicting behavior experts and educators teaching crucial skills such as self-help, paying attention, controlling emotions and impulses, and more

RethinkCare is available to your child's entire care team, including grandparents. Your child does not need a neurodiverse identification or diagnosis. To get started, visit [connect.rethinkcare.com/sponsor/L3Harris](https://connect.rethinkcare.com/sponsor/L3Harris) or contact a behavior expert at **1.800.714.9285**.

### RethinkCare can help with...

- |   |  |
|---|--|
| <input checked="" type="checkbox"/> ADHD                  | <input checked="" type="checkbox"/> Tantrums             |
| <input checked="" type="checkbox"/> Autism                | <input checked="" type="checkbox"/> Managing screentime  |
| <input checked="" type="checkbox"/> Developmental delays  | <input checked="" type="checkbox"/> Academic challenges  |
| <input checked="" type="checkbox"/> Learning disabilities | <input checked="" type="checkbox"/> Preparing for school |
| <input checked="" type="checkbox"/> Language development  | <input checked="" type="checkbox"/> Social awareness     |
| <input checked="" type="checkbox"/> Mental health         | <input checked="" type="checkbox"/> And more!            |
| <input checked="" type="checkbox"/> Potty training        |  |



"Things that have been recommended to us by our Behavioral Specialist have proven to be priceless! We can't thank her enough! And we love that we can collaborate with all those involved in her care!"

*L3Harris employee, on using RethinkCare*

## May is Mental Health Awareness Month

Take this opportunity to check in on your mental health and commit to prioritizing your well-being in May and beyond. SupportLinc, our Employee Assistance Program (EAP) partner, offers a range of free and confidential resources to help you and your household members feel your best.

- ✓ **Talk to someone:** Access unlimited 24/7 in-the-moment telephonic support from professional counselors and up to six face-to-face or virtual sessions per clinical issue, per person, per calendar year.
- ✓ **Self-help resources:** Rely on a wide range of self-guided digital tools and resources to address concerns such as stress, depression, anxiety, work-life balance, relationship issues, mindfulness, anger management, and more.

Call **1.888.903.0648** or visit [supportlinc.com](https://supportlinc.com) (group code: l3harris) to connect with SupportLinc.

### Accolade Care Virtual Support

If you're enrolled in an L3Harris-sponsored Blue Cross Blue Shield medical plan, Accolade offers 24/7 access to licensed therapists for a full range of mental health support needs. Standard medical plan cost-sharing applies. Visit Accolade via the link on **LHXcare.com** to learn more.



## IMPORTANT! Don't Miss Dependent Eligibility Verification

If you cover a dependent on an L3Harris medical, dental or vision plan, you **MUST** complete the dependent verification audit by June 6, or unverified dependent(s) will be removed from coverage. Please see the materials you received from the Alight Dependent Verification Center for more information or contact Alight at **1.844.892.6495** with any questions.



This publication generally describes benefit plans available to eligible non-bargained L3Harris employees working in the continental United States and certain eligible L3Harris employees subject to a collective bargaining agreement. L3Harris reserves the right to change or terminate any benefit plan at any time for any reason without advance notice. All benefits are subject to the terms and conditions of the applicable plan documents, which will control in the case of any conflict. Receipt of this publication should not be considered a guarantee of eligibility for the benefit plans nor should it be considered a contract or guarantee of employment or continued employment or any specific terms of employment. Employment with L3Harris is generally on an at-will basis.