

## Family Support - Management

We support our employees in growing their families and offer many resources at various stages. Contact the Benefits Team in **MyHR+** with any questions. Some resources below require you to contact your medical plan directly. Visit [nypa.gov/benefits](https://nypa.gov/benefits) > Contact Us for vendor contact information.

### Parental Leave

You may be eligible for 12 weeks of paid leave based on your annual salary to bond with a newborn, newly fostered, or adopted child. Parental leave will coordinate with Family and Medical Leave and NYS Paid Family Leave when applicable. Contact the Benefits Team in **MyHR+** for more information.

### Lactation Consultants

Compassionate and professional breastfeeding guidance and instructions are available through your NYPA medical plan. Contact your medical plan for details.

### Fertility treatment/egg preservation services

In vitro fertilization and fertility preservation services deemed medically necessary due to treatment that may directly or indirectly render a person infertile, such as surgery, radiation or chemotherapy may be covered. Contact your medical plan for details.

### Breast pump

Available through our medical plans with choices of top brands and upgrade options.

### Mother's lounge

Private, comfortable, and sanitary pumping areas, including daily milk storage, are available in each NYPA location.

### Milk storage and shipping solution

If you're traveling for NYPA business, we offer milk storage and shipping options while you're away from home.

### Family Counseling

Family counseling is available through our Employee Assistance Program. Call 800-833-8707 or visit the EAP website at [myccaonline.com](https://myccaonline.com).

### 24-hour concierge service

You can also get 24-hour help through our Employee Assistance program on topics such as milk storage, childcare assistance, adoption-related services, infant/toddler yoga, and more.

### New York State Resources

Especially during these times, you may need help locating childcare. In addition to our NYPA resources and the EAP, New York State has resources at [ny.gov/services/find-child-care-providers-new-york-state](https://ny.gov/services/find-child-care-providers-new-york-state).