



Upwards is a 24/7 service for finding licensed and quality child care providers who are affordable and nearby.

- In-home child care providers
- Babysitters
- Nannies
- Backup care
- Child care centers (available upon request)

Benefits of Upwards:

- Get matched with a child care provider based on your exact needs, including weekend, nighttime and backup care.
- Choose between in-person and virtual tours of child care providers. Upwards care managers will schedule the tours for you.
- Child care providers are fully licensed and background checked. Upwards provides ongoing training and curriculum for their providers.
- Upwards is typically 40% less expensive than other child care alternatives and offers flexible payment options.
- The service provided by Upwards is at no cost to you.

To get started:

1. Visit the Upwards dashboard by scanning the QR code, going to the site, or calling the team directly.
2. Create a profile and answer a few questions about your child care needs.
3. With the help of a 24/7 care manager, you will have priority access to the largest network of child care providers in the U.S.



upwards.com/benefits/unmc
402.701.4585

