

# A Return to Office Guide for Pet Paw-Rents



## Helpful tips, tricks, and checklists to make the transition easier for you and your fur baby

Transitioning back to in-person work might be stressful for you and your pet, especially after a year at home. Here are some suggestions to help ease your transition:

### If you're planning to bring your pet into the office:

- Ask your employer about **accommodations they may offer for pet owners** – like flex hours or pet-friendly office policies.
- Bring in any supplies** you may need in advance – including water and food bowls, dog bed, toys and more – to ensure that your pet has a comfortable set-up.
- Establish a schedule** that accounts for commuting with your pet, walking them throughout the day and feeding them.



### If your pet will be staying at home:

- Establish a **new feeding and walking routine** with your pet before you return to work.
- Make arrangements for care** (i.e. “doggy daycare,” pet walker, family member or friend).
- Pet proof your home** or set up a pet-friendly area for when you're not there.
- Ensure your pet is comfortable** and calm in their crate or the space they will stay in while you are at work.
- Train your pet to use the potty outside** on a realistic schedule or in a preferred area in the house (i.e. in a litter box or on a puppy pad)

### Questions to ask your employer:

- What is our organization's policy on pets in the office?
- Does our organization offer stipends or reimbursement for pet-related expenses?
- Can you tell me more about our organization's pet insurance benefits?
- Does our organization have any flexible working options specifically for pet owners (i.e. for those who need to walk their pet during the day, take a vet visit)?
- What is our organization's pet vaccination policy?



### Tips to managing pet-related costs:

The finances that come along with owning a pet are significant – without even considering unforeseen circumstances. Just consider that three in four (74%) employees expressed some level of concern over how a transition back to the office may impact their finances, specifically as it relates to caring for their pet.<sup>1</sup>

Here are a few tips on how to be on top of your expenses:



#### Build a Pet Budget.

From “doggy daycare” to pet-proofing your home, costs can pile up easily. That's why you should start by creating a separate budget for pet-related expenses, which can help you track unnecessary spending.



#### Explore Pet Insurance.

Pet insurance can offer you a sense of security from unexpected vet bills that may impact your financial well-being. With MetLife Pet Insurance<sup>2</sup>, you can choose from a variety of plans with affordable monthly premiums, based on the breed, location, and age of your pet and the amount of coverage you need annually.

Source: <sup>1</sup> MetLife Pet Parent Pulse Survey, 2021

<sup>2</sup> Pet Insurance offered by MetLife Pet Insurance Solutions LLC is underwritten by Independence American Insurance Company (“IAIC”), a Delaware insurance company, headquartered at 485 Madison Avenue, NY, NY 10022, and Metropolitan General Insurance Company (“MetGen”), a Rhode Island insurance company, headquartered at 700 Quaker Lane, Warwick, RI 02886, in those states where MetGen's policies are available. Application is subject to underwriting review and approval. Like most insurance policies, insurance policies issued by IAIC and MetGen contain certain deductibles, co-insurance, exclusions, exceptions, reductions, limitations, and terms for keeping them in force. For costs, complete details of coverage and exclusions, and a listing of approved states, please contact MetLife Pet Insurance Solutions LLC. MetLife Pet Insurance Solutions LLC is the policy administrator authorized by IAIC and MetGen to offer and administer pet insurance policies. MetLife Pet Insurance Solutions LLC was previously known as PetFirst Healthcare, LLC and in some states continues to operate under that name pending approval of its application for a name change. The entity may operate under an alternate, assumed, and/or fictitious name in certain jurisdictions as approved, including MetLife Pet Insurance Services LLC (New York and Minnesota), MetLife Pet Insurance Solutions Agency LLC (Illinois), and such other alternate, assumed, or fictitious names approved by certain jurisdictions.