

2026 Tools & Resources

[Kiewit staff employees]

At Kiewit, we provide benefits that support employees' overall well-being. This brochure provides a quick look at some available resources. More details can be found at myjobbenefits.com (password: kiewithealthy).

Medical care & guidance

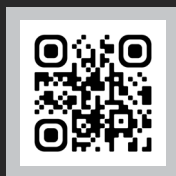
- **Personal benefits specialist service (ALEX)***
Find the best health care plan for your unique needs with ALEX by your side. Compare plan options, get answers to questions and choose the right benefits with confidence.
Get started: myjobbenefits.com and click the ALEX logo
- **Health insurance portal (UnitedHealthcare)**
Use the MyUHC website or UnitedHealthcare app to manage your insurance, find a doctor, view claims and access your ID card – all in one place.
Get started: myuhc.com
- **Medical advocate service (Advocate4Me)**
Expert guidance for navigating medical decisions like finding a doctor, claims issues or dealing with complex medical needs.
Get started: 866-679-0948
- **Virtual care (UnitedHealthcare)**
Convenient virtual visits for urgent care, primary care and specialty care that cover women's health, gastroenterology, sleep, migraine care, speech therapy and more.
Get started: myuhc.com/virtualcare
- **Second opinion consultations (2nd.MD)**
Access specialists for questions about diseases, cancer, chronic conditions, surgeries/procedures and treatment plans.
Get started: 866-269-3534 • 2nd.md/kiewit

Specialized health programs

- **Substance use treatment helpline (Optum)***
This confidential, free service helps those struggling with addiction.
Get started: 855-780-5955 • liveandworkwell.com/recovery
- **Condition management program (UnitedHealthcare)**
Personalized support for chronic conditions such as Alzheimer's, heart failure, cancer, COPD and hundreds more.
Get started: 866-679-0948
- **Diabetes/Chronic condition management (Teladoc)**
Support for prediabetes, weight management, mental health, diabetes and hypertension, through live coaching, digital resources and personalized tools for lasting behavior change.
Get started: 800-835-2362 • teladochealth.com/golkiewit
- **Fertility solutions program (UnitedHealthcare)**
Offers guidance and resources, including calls with fertility nurses, specialist searches and helpful information to support you on your family-building journey.
Get started: 866-744-4626 TTY 711 • myuhc.phs.com/fertility
- **Maternity and high-risk support (Maven)**
Provides comprehensive support for women and partners throughout their maternal health journey, from pregnancy to postpartum and beyond.
Get started: mavenclinic.com/join/uhc-join
- **Midlife & menopause support (Maven)**
This program empowers employees to take control of their midlife health, leading to improved well-being and long-term career success.
Get started: mavenclinic.com/join/uhc-join
- **Digital physical therapy (Kaia Health through UHC)**
Support for those managing back, hip, knee or other joint pain or injury with digital resources, coaching and effective physical therapy when and where you need it.
Get started: startkaia.com/uhc

Your well-being journey starts here — scan and learn more details about these programs.

Questions?
benefits@kiewit.com
855-329-7907



*Enrollment in Kiewit's medical plan is not required to access this benefit.

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Mental well-being

- **Employee Assistance Program (Lyra)***

Free, confidential support for a wide range of personal and work-related issues, providing up to 12 coaching or therapy sessions per person per year, as well as 30-minute consultations with financial and legal experts.

Get started: 877-422-5532 • 1884.lyrahealth.com

- **Under The Hat***

Underthehat.com is a resource for mental health information, inspiring stories, wellness webinars and monthly themes to enhance your overall health and happiness.

Get started: underthehat.com

- **Online therapy (Talkspace)**

Connect with licensed therapists who are part of your behavioral care plan via phone or desktop. Visits are subject to the same deductible and coinsurance as traditional outpatient therapy.

Get started: talkspace.com/connect

- **Mental health app (AbleTo)**

This free app provides clinical techniques and resources, such as mood tracking and meditation, to help manage stress, anxiety and depression. Get started: ableto.com/begin

- **Virtual behavioral health care (UnitedHealthcare)**

Access psychiatrist or therapist support from anywhere when facing life challenges. Visits are subject to the same deductible and coinsurance as traditional outpatient therapy.

Get started: myuhc.com/virtualcare

- **Well-being app (Calm Health)**

Calm Health provides digital mental health programs designed by licensed experts. With this app, you'll have 24/7 access to tools for managing sleep, stress, anxiety, depression and other lifestyle issues. The app is integrated with your behavioral health benefits, so you can access it at no additional cost.

Get started: Register at myuhc.com, then download the app.



Financial wellness

- **Student loan matching (Fidelity)***

Kiewit, through Fidelity, offers a Student Loan Matching Program where eligible employees who are repaying student loans can still receive a company match to their 401(k) plan.

Get started: netbenefits.com

- **Retirement plans (Fidelity)***

The company offers a generous retirement savings match and guidance on creating a savings strategy with Fidelity's specially trained Workplace Financial Consultants (no fees apply).

Get started: 800-603-4015

- **Identity Theft and Will Preparation (New York Life)***

New York Life provides free identity theft resources, will preparation services, plus personalized estate/funeral plans through its online financial wellness program.

Get started: 800-344-9754 • guidanceresources.com
(registration web ID: NYLGBS)



Health & family support

- **Caregiving support solution (Wellthy)***

Expert care coordination for aging parents, children and personal health needs. Wellthy helps with medical, financial, housing, in-home, legal, social/emotional and childcare/teen support.

Get started: wellthy.com/member/kiewit

- **Family care resource center (Care.com)***

Care.com gives you unlimited access to the world's leading network for finding and managing care for kids, adults, pets, home and more.

Get started: care.com/yourbenefits

- **Digital health support (Rally Engage through UHC)***

This tool can help employees get healthy through wellness incentives. Rewards are considered taxable income. Employees don't have to be enrolled in Kiewit's medical plan to access, but spouses do.

Get started: rallyengage.com/landing/client/kiewit

- **Breast milk shipping service (Milk Stork)***

A convenient way to ship breast milk while traveling for work. It includes pre-labeled refrigerated or frozen kits, expedited shipping, real-time tracking and options for use during employee relocation.

Get started: milkstork.com

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