

Benefits



Tools & Resources

Kiewit Benefits

Kiewit offers a comprehensive benefits package designed to protect the health and financial well-being of employees and their families. In addition to top-tier medical, pharmacy, dental and vision coverage, the company offers life, accidental death & dismemberment and disability insurance and industry-leading retirement programs. This brochure outlines some of the many tools and resources available to employees.

Get and Stay Healthy

- **MyUHC.com**

[MyUHC.com](https://myuhc.com) is your one-stop shop for information and tools to help you find a doctor, manage claims, estimate costs, search drug pricing, access your health plan ID card and view your spending account balances. First-time users will need to register using the Member ID and Group Number printed on your card. You can also download the mobile version, **UnitedHealthcare app**, from Google Play or the Apple App store.

- **NurseLine**

When you need advice, registered nurses are available 24/7 to review your care options, help you get emergency care and provide advice on a medical condition. Call **866-679-0948** to access this service. *Note: trips to the ER for non-life-threatening emergencies are not covered by the health plan, so call NurseLine if you're in doubt about what to do.*

- **Advocate4Me**

Whether connecting with an advocate or nurse over the phone or digitally, Advocate4Me will help you make informed decisions about your care that could save you money and lead to better health outcomes. This free service can help you find a doctor, resolve claims issues, deal with complex medical needs, navigate the system and ease the burden on you and your family. Call **866-679-0948** when you need help.

- **UnitedHealthcare Virtual Visits**

With UHC Virtual Visits, you have access to a doctor when you need one. Virtual visits can be conducted via a phone call or through video chat from your computer or mobile device. Visit myuhc.com/virtualvisits or download the **UnitedHealthcare app** to register, find a provider and schedule a virtual visit. The cost of virtual visits is \$50 or less and will apply toward your deductible and coinsurance.

- **Employee Assistance Program (EAP)**

Life is complex and has many challenges. The EAP provides 24/7 confidential support for problems ranging from depression, stress and substance abuse to workplace problems, financial and legal issues. Employees, eligible dependents and any household members are each eligible for up to **eight** free visits per issue per year with an EAP masters level provider. The program also offers 30-minute sessions with financial and legal consultants). To access services, call **866-248-4094** or visit liveandworkwell.com (access code: 12484).

- **Substance Use Treatment Helpline**

This confidential service is provided at no added cost to you. Call Optum at **866-679-0948** to get connected with a substance use treatment advocate who can help explain your treatment options and arrange a face-to-face evaluation with a licensed provider who can create a personalized treatment strategy to get you the help you need.

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● Talkspace

Talkspace is a digital platform that offers in-person therapy through in-app chat, voice and video messaging. There is no appointment necessary; providers respond five days a week. Employees and their families can use Talkspace just like they use the EAP; it's free up to eight times per issue per year. Download Talkspace from the App Store or GooglePlay.

● Sanvello

Sanvello is an app that offers clinical techniques to help you deal with stress, anxiety and depression. Download the app from the App Store or GooglePlay. To upgrade to the premium version, you'll need your member ID and policy group numbers (available on your medical card) or the EAP access code: 12484.

● Rally

Rally is an employee health support tool provided by UnitedHealthcare to help employees get and stay healthy. Rally tracks status on requirements for wellness incentives, and its website and mobile app provide simple ways to help you improve your health. For details, visit MyUHC.com.

● Diabetes Management Program

Employees and dependents who are diagnosed with diabetes are eligible to enroll in this program if they are covered by a company medical plan. Participants receive free monitors, lancets and test strips, along with 24/7 access to counselors. The vendor is Livongo. Call **800-945-4355** to enroll.

● Healthy Pregnancy Program

Provides access to experienced maternity nurses 24 hours a day, along with educational materials and resources. Eligible participants can receive a \$200 gift card if they complete the program. To enroll, call **866-679-0948**. For more information visit: myuhc.phs.com/maternitysupport.

● Condition Management Program

This program is designed for those dealing with diagnoses such as Alzheimer's, heart failure, cancer, COPD and hundreds more. Through the program, you can work with a nurse to discuss your goals and values, create and execute a plan to help achieve better overall health. Contact UnitedHealthcare at **866-679-0948** for more information.

Protect Your Finances

● Retirement Plans

Our 401(k) program is among the best in the industry with over \$1.6 billion invested for the retirement of our employees. To encourage employees to save for their retirement, the company offers a generous incentive match to eligible employees. The program is administered by Fidelity. Visit www.netbenefits.com or call **800-835-5095** to get started, see account balances, and get advice and planning tools for investing, retirement and personal wealth management.

● Financial Wellness

Fidelity's Financial Wellness Program can help you build confidence and take control of your finances. Register at www.netbenefits.com to access a variety of educational and planning tools and to get a personalized action plan.

● Identity Theft and Will Preparation

Cigna offers identity theft resources and will preparation services through its online financial wellness program at no cost to you. In addition to wills, you can build your own personalized estate and funeral plans, including last will and testament, living will, health care and financial power of attorney, and medical authorization for minors. Visit cigna.mysecureadvantage.com for more information. If you suspect you might be a victim of identity theft, call **888-724-2262** and press 2 for a Fraud Resolution Specialist.