

## NEW U.S. EMPLOYEE ASSISTANCE PROGRAM

Start feeling better, faster.

As part of our commitment to mental well-being, Kiewit and its subsidiaries have a new Employee Assistance Program (EAP) provider and services.

We know that life has its challenges, and with our new EAP provider, **Lyra**, we're making it easier for you and your family to get the support you need, when you need it, in a way that works best for you.

With Lyra, your entire household – from kids to adults can get the mental health care they need. Take the time to share the information below so our crews know what's available to them.

### WHAT SUPPORT IS OFFERED?

- Self-guided resources to stress less, sleep better and strengthen your relationships.
- Find the right therapist or coach in just a few clicks to meet with in-person, on video or through live messaging.
- Tap into work-life services including legal, financial, identity theft and more.

### WHO CAN USE THE SERVICE AND HOW DO I GET ACCESS?

- Lyra provides mental health services for all eligible employees (including union employees), their families and household members. **You will have access to up to 12 coaching or therapy sessions, per person, per year at no cost.**

**Call:** 877-422-5532

**Website:** 1884.lyrahealth.com

**Email:** care@lyrahealth.com

### DISCUSSION

- Ask the crew to discuss the best ways to share these EAP resources on your job. Encourage them to share specific examples or stories if comfortable.



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