

# MEXICO RESOURCE COMPARISON

*Find out which service best suits your needs*



The company offers free and confidential mental health support through Orienta, including eight therapy sessions for staff employees, their family members (partner, children, siblings, parents), and others living in their household.

## CONTACT INFORMATION

Phone	Online
Toll-free: 800 999 2233 Phone: (442) 295 30 01	Website: <a href="http://orienta-me.com">orienta-me.com</a> App: Orienta, find on Google Play Store or Apple App Store
<b>Important:</b> Employees must have their employee ID number and company name to access services.	

## SUMMARY OF CONSULTATION SERVICES

Mental Health	Medical
<p>24 hours   365 days   In-person, phone, online and via video counseling</p> <p>A specialist will help you or your family find options to address mental health concerns. If it's recommended, you can access up to eight free counseling visits per person, per topic, each year.</p> <p>Some situations you can call for include:</p> <ul style="list-style-type: none"> <li>• Loss</li> <li>• Addiction</li> <li>• Relationships</li> <li>• Emotional management</li> <li>• Partner issues</li> </ul>	<p>24 hours   365 days   Phone, online and via video counseling</p> <p>You will be attended by general practitioners with extensive experience.</p> <p>Some situations you can call for include:</p> <ul style="list-style-type: none"> <li>• When you need information about a disease or health topic</li> <li>• To understand the side effects of a medication</li> <li>• When you are unsure how to handle a health situation</li> </ul>
Nutritional	Veterinary
<p>9 a.m. - 9 p.m.   Monday through Saturday   Phone, online and via video counseling</p> <p>You will be assisted by a nutrition expert who will create a personalized dietary plan based on your specific needs, such as:</p> <ul style="list-style-type: none"> <li>• For healthy weight loss</li> <li>• If you have decided to change eating habits</li> <li>• To control glucose, triglyceride, cholesterol and blood pressure levels</li> <li>• To improve gastrointestinal symptoms</li> <li>• Development of trending meal plans</li> <li>• Nutrition at different stages of life</li> </ul>	<p>9 a.m. - 9 p.m.   Monday through Saturday   Phone, online and via video counseling</p> <p>You will receive guidance from an experienced veterinarian to stay informed and care for your pet promptly. When you call, you can:</p> <ul style="list-style-type: none"> <li>• Avoid risks and unnecessary travel</li> <li>• Receive help in an emergency</li> <li>• Interpret laboratory tests</li> <li>• Resolve doubts</li> <li>• Create a custom meal plan for your pet</li> </ul>
Legal	Personal Finance
<p>9 a.m. - 9 p.m.   Monday through Saturday   Phone and online</p> <p>Licensed attorneys can provide support on the following topics:</p> <ul style="list-style-type: none"> <li>• Family relationships, rights and obligations</li> <li>• Contract scopes and compliance</li> <li>• Crimes and their consequences</li> <li>• Obligation to file declarations with the Tax Administration Service (SAT)</li> <li>• Social security and accessing its benefits</li> </ul>	<p>9 a.m. - 9 p.m.   Monday through Saturday   Phone and online</p> <p>Achieving financial health, whether for your family or yourself, is possible. With Orienta, trained advisors are available to assist you with:</p> <ul style="list-style-type: none"> <li>• Recognizing financial situations</li> <li>• Debt control strategies</li> <li>• Responsible use of credit</li> <li>• Strategies to avoid over-indebtedness</li> <li>• Retirement planning</li> <li>• Financial prevention culture</li> <li>• Advice on government investments</li> </ul>

Additional resources may be available. To find out what additional programs you are eligible for, please visit [myjobbenefits.com](http://myjobbenefits.com).

If you need assistance in accessing your password, please call the Benefits Department 1-855-329-7907 or send an e-mail to [benefits@kiewit.com](mailto:benefits@kiewit.com).