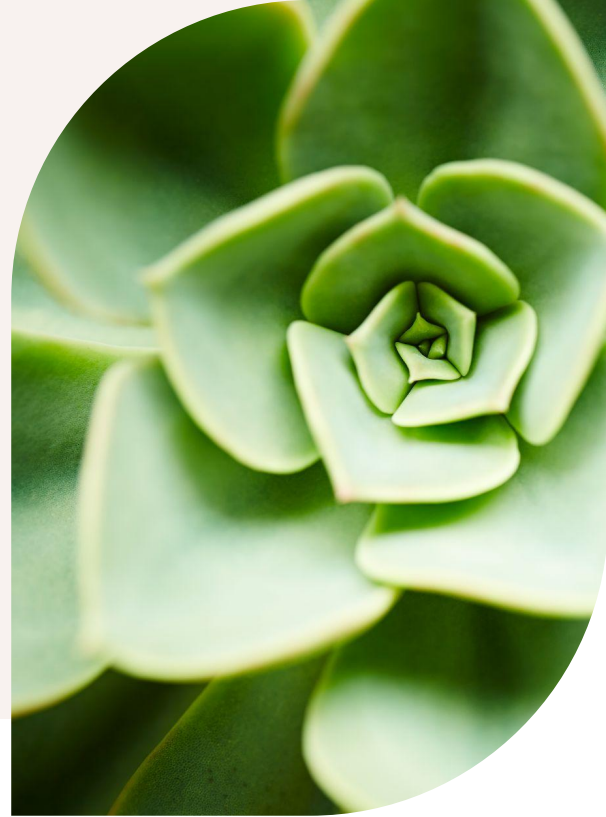


Life is easier with the right support.

Whatever you're experiencing, there's no need to carry it alone. You now have Spring Health, a mental health benefit available through Granite Construction, at no cost to you.



With Spring Health, you and your family can access:



Free therapy

Up to 8 therapy sessions per year are available to each family member at no cost to you



Personalized care plans

Our short online assessment will guide the creation of your personalized mental wellness care plan



Dedicated support

Your Care Navigator can help you find the right therapist, schedule appointments, and provide guidance throughout your care



Diverse providers

Find a therapist you can relate to across specialty, gender, ethnicity, language, and more



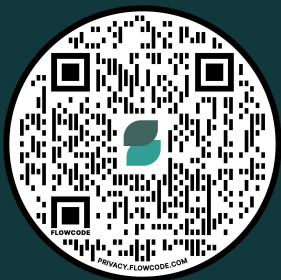
Work-life services

Talk to experts and find resources for legal assistance, financial services, child and elder care, travel and more



Medication management

Meet with prescribers who can manage many of your medications during care when needed



Activate your account
granite.springhealth.com
 Work-life code:granite

Contact Spring Health
careteam@springhealth.com
 1-855-629-0554
 Monday-Friday, 8:00am-11:00pm ET

Your care with Spring Health is private, confidential, and available at no cost to Granite Construction non-union employees and their household members age 6+.