

Personalized mental health support when you need It

Your guide for referring employees to Spring Health

What is Spring Health?

Spring Health is a benefit provided by Granite Construction that offers you and your family support with any work or personal issue, including short-term professional counselling and connecting you to local resources to help you manage emotional, practical or physical needs. Resources and services provided by Spring Health are confidential and available in your language.

Who can access Spring Health?

Benefits-eligible Granite Construction employees and covered dependents.

With Spring Health, members have access to:

- 1. Therapy.** Speak with a licensed Care Consultant for an initial evaluation and receive referrals to therapists that meet your exact needs.
- 2. Immediate Emotional Support.** Care Consultants are available whenever you would like someone to speak with. 24 hours a day, 365 days a year.
- 3. Work -Life Services.** Access resources and speak with subject matter experts that can help you navigate life's challenges. You can receive support in a number of areas, including legal assistance, financial services, childcare, and more.

How much does Spring Health cost?

Nothing. Spring Health is free and available at no cost to employees and covered dependents.



What support does Work -Life Services offer to employees and dependents?

Spring Health provides resources that can help members navigate life's challenges across a number of areas, including:

- Financial Services (e.g. home buying & selling, bankruptcy, college fund planning)
- Management Training
- Childcare Services
- Elder Care Services
- Legal Assistance (e.g. divorce/custody disputes, landlord/tenant issues)
- Diet & Physical Wellness
- Travel Resources
- Major Life Events

How to transfer employees to Spring Health:

Please direct the employee to contact Spring Health:

Online: granite.springhealth.com

Code: granite

Phone:

Free phone: N/A

Direct dial: +351 2 1454 2186

Email: support@resourcesforyourlife.com