

For all of life's challenges, support is here

No matter what challenges you face, support is available. Explore these resources and programs available to you and your family.

Support for Valmont employees

Additional programs designed to help support your health — many are available at no extra cost as part of Valmont's health plan.

2nd MD

With 2nd.MD, you can connect with a board-certified specialist by phone or videoconference to confirm your treatment plan and discuss whether you have additional options that could save you money. It's available at no extra cost to you. Call 2nd.MD at **1-866-269-3534**.

Active&Fit Now

Visit thousands of fitness centers and studios nationwide with a single membership for \$29/month. Visit activeandfitnow.com to enroll.

Calm Health

Get personalized recommendations to help with wellbeing goals like sleeping better, being more resilient and mindful and managing stress. Available at no extra cost as part of Valmont's health plan. Sign in to myuhc.com and set up your Calm Health account. Then download the **Calm Health app**.

ComPsych GuidanceResources Employee Assistance Program (EAP)

Access counseling, legal and financial consultation, work-life assistance and other health and wellbeing resources. Confidential, 24/7 support is available at no extra cost to you and your household members, whether at work or at home. Visit guidanceresources.com (Web ID: **Valmont**) or call **1-855-627-8365** to get started.

Hello Heart

Track heart health and manage your blood pressure with Hello Heart. Available at no extra cost as part of Valmont's health plan. Visit join.helloheart.com/VAL to enroll. Then download the **Hello Heart app**.

Hinge Health

Relieve joint and muscle pain, pelvic discomfort, recover from injury, and improve mobility with Hinge Health. Get personalized exercise therapy you can do anytime in 15 minutes or less.

The Hinge Health app includes:

- Virtual sessions on your schedule
- Unlimited 1-on-1 coaching
- Motion-tracking for real-time guidance

Available at no extra cost through Valmont's health plan. Enroll at hingehealth.com/for/valmont or call **1-855-902-2777**.

Koa Care

Get anytime support for building emotional resilience and managing mental health challenges such as sleep issues and anxiety. Available at no extra cost to you and your household members. Visit guidanceresources.com (Web ID: **Valmont**) to register and click the icon for digital self care tools. Then download the **Koa Care 360 app**.

Quit For Life

Quit For Life has helped more than 4 million people quit tobacco for good. This personal support program is available at no extra cost and offers online tools, a Quit Coach®, and a mobile app to help you build a customized quit plan. Enroll at myuhc.com or call **1-844-391-1891**.

One-on-one health coaching through the SmartFHR app

Use the **SmartFHR app** to access 1-on-1 health coaching, wellbeing articles and preventive care tips. You will have access to physical, emotional and financial wellbeing resources when you need them. Available at no extra cost to you and your household members.

Download the SmartFHR app. To log in, enter Valmont Industries Inc. as the organization name, then use your Valmont credentials (e.g., Valmont\JP134567). You'll be granted access within 24–48 hours after registration.

Not sure where to start?

Call a UnitedHealthcare Advocate at **1-844-391-1891**.