

# Life isn't always easy. But getting support is.

The day-to-day pressures of work, family and everything else on your to-do list can feel overwhelming. Dentsu offers convenient, confidential\* support for those moments — and for ongoing mental health concerns like depression, anxiety, eating disorders and substance use.

It's healthy to ask for help. Here's where to start:



Want quick, 24/7 access to someone who can help with topics like child care, elder care, relationship challenges or the loss of a loved one?

## Try your Employee Assistance Program (EAP).

- 24/7 access to specialists via phone.
- 12 hours per week of dedicated coaching for dentsu employees. To view the coaching schedule, visit [dentsubenefitsplus.com/dedicated-work-life-coaches](https://dentsubenefitsplus.com/dedicated-work-life-coaches).
- Best for immediate, short-term needs.
- Can connect you to a network provider for a consultation.
- Available at no cost to dentsu employees and household members.

Call **1-800-833-8707** or sign in to [myccaonline.com](https://myccaonline.com), using company code **dentsu**.

Want an app that can help you deal with symptoms of stress, anxiety and depression?

## Download Sanvello.

- Track daily mood.
- Access coping tools.
- Take guided journeys to build life skills.
- Connect with peer communities.
- Available at no cost to dentsu employees and household members.

Sanvello Premium is FREE for all dentsu employees. Visit [sanvello-web.app.link/e/dentsu](https://sanvello-web.app.link/e/dentsu) to register. Then download the app from the App Store or Google Play.

Want to meet with a therapist for an in-person counseling session?

## Use your Behavioral Health in-person benefits.\*\*

- For people with diagnoses including depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disorders.
- Typically longer term.
- Available to employees enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and copayment information.

To find a provider, sign in to [liveandworkwell.com](https://liveandworkwell.com). Some services may require authorization. If you have questions, call UnitedHealthcare at **1-800-765-6717**.

Prefer to connect online with a therapist for a counseling session?

## Use Behavioral Health Virtual Visits.\*\*

- Connect using a computer, tablet or smartphone.
- For people with diagnoses including depression, anxiety, domestic violence, substance use, stress, bipolar disorder, compulsive disorders and eating disorders.
- Typically longer term.
- Available to employees enrolled in a UnitedHealthcare medical plan. See your official health plan documents for coverage and copayment information.

To find a provider, sign in to [liveandworkwell.com](https://liveandworkwell.com). Some services may require prior authorization. If you have questions, call UnitedHealthcare at **1-800-765-6717**.

Want a flexible counseling option that includes video appointments and unlimited text messaging?

## Try Talkspace.\*\*

- For anxiety, depression, PTSD, ADD/ADHD and compulsive disorders.
- Can also address LGBTQ concerns.
- Unlimited text messaging with licensed clinicians.\*\*\*
- Real-time audio and video appointment scheduling.
- Talkspace is a national service, available at standard rates to people over the age of 13; however, it is in the UnitedHealthcare network. Services are available at a \$0 copay if you are enrolled in a PPO plan. If you're enrolled in a High Deductible Health Plan, services are available at approximately \$85/week until you've met your deductible, and you can use your HSA to pay.

To get started, visit [talkspace.com/connect](https://talkspace.com/connect) and use your insurance information to register and get connected with a therapist.

Note: You will need your UnitedHealthcare medical ID card to complete the registration process.

Dealing with alcohol, opioid or other substance use issues?

## Get immediate support with a call to the Substance Use Treatment Hotline.

- 24/7 access to substance use recovery advocates.
- Advocates listen, offer support and can help develop personalized recovery plans.
- Includes evaluation of opioid use and help finding medication-assisted treatment.
- Available at no cost for all dentsu employees and household members.

Call **1-855-780-5955**.

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com). To speak with UnitedHealthcare, call **1-800-765-6717**.

\*Confidential in accordance with the law.

\*\*Available to dentsu employees and dependents enrolled in a UnitedHealthcare health plan.

\*\*\*Data rates may apply.

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Information provided is of a general nature. It is not meant to replace professional advice or care or imply coverage of specific clinical services or products. Certain limitations on visits and/or treatments may exist. Check your specific benefit plan for details. Virtual Visits are not an insurance product, health care provider or health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Certain prescriptions may not be available, and other restrictions may apply. Data rates may apply. The Designated Virtual Visit Provider's reduced rate for a Virtual Visit is subject to change at any time.

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