

# 2022 Resources to make life a little easier.

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 relationship challenges or the loss of a loved one?**

**Try your Employee Assistance Program (EAP).**

- 24/7 access to specialists via phone.
- 8 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 to all dentsu employees and household members.

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

**No cost**



**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 to all dentsu employees and household members.

Register at [sanvello-web.app.link/e/dentsu](https://sanvello-web.app.link/e/dentsu) to get free Premium access. Then download the app from the App Store® or Google Play™.

**No cost**



**Want to meet with a therapist for ongoing in-person or online counseling sessions?**

**Tap into your behavioral health benefits.\*\***

- See a counselor in person or online using a computer, tablet or smartphone.
- Typically longer term.
- UnitedHealthcare medical plans cover the full range of behavioral health services, from outpatient counseling and psychiatry to in-patient treatment for substance use and other conditions.

Available to UnitedHealthcare members.

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

**What you can expect for costs:**

- PPO plan: \$30 copay.
- HDHP: You pay 100% of the cost until you meet your deductible.



**Want help but not sure where to start?**

**Try Mindset by One Medical.\*\*\***

- One Medical offers mental health services that are fully integrated in primary care, and can screen, diagnose and treat everything from day-to-day stress to chronic conditions.
- As a member, you can book a Mental Health Visit with your PCP, manage prescriptions, or join a Remote Group Visit which helps you learn how to manage stress and anxiety.
- 1:1 Virtual Therapy and Coaching is also available through One Medical and in-network with UnitedHealthcare.

Available to UnitedHealthcare members.

Visit [onemedical.com/myhealth](https://onemedical.com/myhealth) and use code **DNTONE** to enroll.

**What you can expect for costs:**

- PPO plan: \$0 copay.
- HDHP: \$150-\$285 per session until you meet your deductible.



**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 in the UnitedHealthcare network and covered as part of your behavioral health benefits.

Available to UnitedHealthcare members over the age of 13.

Register at [talkspace.com/connect](https://talkspace.com/connect) and then download the app. **Note:** You will need your medical ID card to register.

**What you can expect for costs:**

- PPO plan: \$0 copay.
- HDHP: Approximately \$85/week until you meet your deductible.



**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 to all dentsu employees and household members.

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

**No cost**

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.

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