



# Live your healthiest life. These resources can help. ➤

Staying healthy is easier with the support and resources available through your benefits.

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).

**dentsu**



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# Care Options



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## Check your symptoms

Available to UnitedHealthcare members.

Introducing a new, easy-to-use health care navigation tool that lets you check your symptoms; receive care recommendations and additional support and resources in 3 steps:

1. Sign into [myuhc.com](#)
2. Navigate to the **Health Resources** tab
3. Select the **Check Your Symptoms** tile to get started with Buoy

## Find primary and specialty care

Available to UnitedHealthcare members.

Sign in to [myuhc.com](#) or use the UnitedHealthcare app to search for network doctors and facilities near you. You can estimate the cost for care, manage and pay claims and more.

### New virtual primary care

Create a connection with a virtual primary doctor without having to leave home or work.

Benefits include:

- A provider you can see on an ongoing basis
- A Care Team who'll guide you, when needed, to in-person care such as labs, imaging, specialists and more
- A Care Team who'll work with you and follow up to ensure you're taken care of

[myuhc.com/virtualprimarycare](#)

Call or chat with a UnitedHealthcare Advocate who can connect you to care and resources that are right for you.

**UnitedHealthcare app**  
**1-800-765-6717**

## Try 24/7 Virtual Visits

Available to UnitedHealthcare members.

See and talk to a doctor via your computer, tablet or mobile phone anytime without an appointment. It's a convenient way to get care when your doctor isn't available, when you're traveling or when you need care after hours for common conditions:

- Allergies
- Migraines
- Rashes
- Pink eye
- Sinus problems
- Urinary tract infections

What you can expect for costs:

- Enhanced or Standard Health Plan \$0
- High Deductible Health Plan \$50 and you can use your health savings account (HSA) to pay.

[myuhc.com](#)®  
**UnitedHealthcare® app**

## Seek a second opinion with 2nd.MD

Available to UnitedHealthcare members.

Connect with board-certified doctors who specialize in your condition for a 20- to 30-minute consultation via phone or video. 2nd.MD can support you with a new or existing diagnosis and help you navigate treatment plans, surgery and medications.

You and your spouse/domestic partner on a dentsu health plan can earn a **\$200 American Express® gift card** when you use 2nd.MD to request a second opinion for care.

[2nd.MD/dentsu](#)  
**1-866-269-3534**  
**2nd.MD app**

## Try One Medical for convenient primary care

Available to UnitedHealthcare members who live in Atlanta, Austin, Boston, Chicago, Los Angeles, San Francisco and Seattle.

From same-day appointments that start on time, to compassionate providers who listen, to 24/7 video visits, One Medical makes it faster, easier and more enjoyable to get care — whenever and wherever you need it.

[onemedical.com/myhealth](#)  
**1-855-554-5505**  
code **DNTONE**



# Mental Health



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### Sanvello

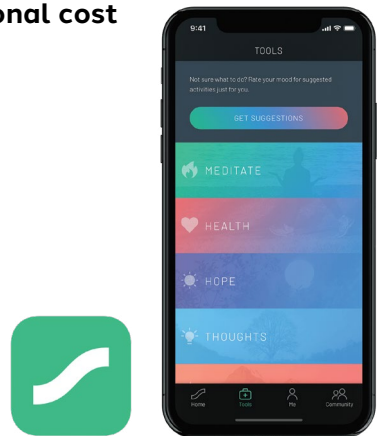
Available to all dentsu employees and household members age 13 and older.

Sanvello is an app that offers you on-demand help for stress, anxiety and depression.

- Track daily mood
- Explore meditation tools
- Take guided journeys to build life skills
- Connect with peer communities

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

**No additional cost**



### CCA@YourService Work/Life Assistance Program

Available to all dentsu employees and household members.

CCA@YourService is a 24/7 confidential service that gives you the support you need to help manage whatever life throws your way. You have access to resources that can help you with:

- Improving work/life balance
- Family and caregiving matters
- Legal or financial concerns, and more

Weekly support is available with 8 hours of dedicated coaching for dentsu employees per week. To learn more, visit our [virtual coaching page](#).

[myccaonline.com](https://myccaonline.com), code **dentsu**  
**1-800-833-8707**  
**No additional cost**

### Virtual Therapy and Coaching by One Medical

Available to dentsu employees with a no-cost One Medical membership.

Not interested in 1:1 virtual therapy or coaching? One Medical has other mental health services that are billed through insurance such as a mental health visit with your PCP, prescription management, or SHIFT, a remote group visit that helps you learn how to manage stress and anxiety.

One Medical is available in Atlanta, Austin, Boston, Chicago, Los Angeles, San Francisco and Seattle.

There is no cost for a One Medical membership, but all in-office and remote visits are billed through insurance. One Medical is in the UnitedHealthcare network.

[onemedical.com/myhealth](https://onemedical.com/myhealth)  
code **DNTONE**  
**1-855-554-5505**

**What you can expect for costs:**  
For 1:1 Virtual Therapy and Coaching:

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

### Behavioral Health Support

Available to UnitedHealthcare members.

The dentsu health plans cover a range of behavioral health services, from outpatient counseling and psychiatry to in-patient treatment for substance use and other conditions.

UnitedHealthcare has a large network of quality mental health professionals and facilities. They negotiate rates so you may save money.

Connect in-person or virtually.

[myuhc.com](https://myuhc.com)  
**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.

### UnitedHealthcare's behavioral health network is growing.

New groups for you and your family:

**Alma – [helloalma.com](https://helloalma.com)**  
Simple access to quality, affordable mental health care.

**Resilience Labs – [resiliencelab.us](https://resiliencelab.us)**  
Specializes in trauma, anxiety, family issues, and life transitions.

**Charlie – [charliehealth.com](https://charliehealth.com)**  
An online alternative designed exclusively for teens and young adults.

**Bend Health – [bendhealth.com](https://bendhealth.com)**  
Focused family mental health care.

**Talkiatry – [talkiatry.com](https://talkiatry.com)**  
Designed to help you and your family feel better.

**Talkspace – [talkspace.com/connect](https://talkspace.com/connect)**  
Communicate with a licensed therapist via text or live video from your phone or desktop.

**Equip – [equip.health](https://equip.health)**  
Specializes in eating disorder treatment.





# Physical Health

## LulaFit

Available to all dentsu employees.

Access a virtual wellness platform for a mix of daily livestreamed workouts, a curated library of lifestyle guides and on-demand activities.

[app.lulafit.com](https://app.lulafit.com), code **dentsu**

## ClassPass

Available to all dentsu employees.

Instead of joining one gym, you now have the option to try 20,000 gyms around the world. **You can even access a gym's digital library and stream workouts right from the comfort of your home!**

With a dentsu-sponsored membership, you'll receive a monthly discount.

Register at [classpass.com/corporate](https://classpass.com/corporate) with your work email address. Then download the app from the App Store or Google Play.

## Real Appeal

Available to UnitedHealthcare members.

Lose weight and keep it off with Real Appeal, an online weight loss program. Work with a Transformation Coach who leads weekly group sessions on nutrition, exercise and how to break through barriers. You'll also receive a Success Kit with recipes, food and body scales, and more.

[enroll.realappeal.com](https://enroll.realappeal.com)  
**1-800-765-6717**

## Kaia Virtual Physical Therapy

Available to UnitedHealthcare members.

Access Kaia's extensive library of physical exercises, relaxation techniques and bite-sized lessons on your smartphone whenever you need them. Connect with a certified health coach for one-on-one coaching. Your coach can provide the encouragement and support you need to stay on top of your pain relief regimen. Kaia is available to you at no additional cost through your health plan benefits.

[kaiahealth.com](https://kaiahealth.com)

## Orthopedic Health Support

Available to UnitedHealthcare members.

Dealing with back or other joint pain and considering surgery? Connect with Orthopedic Health Support to explore your treatment options, decide where to go, understand costs, and identify possible ways to save money and shorten your recovery time.

**1-800-765-6717**

## Personal Health Support



Available to UnitedHealthcare members.

If you or a loved one is living with a chronic or complex condition you don't have to go through it alone. Call an experienced nurse for one-on-one support for:

- Asthma
- Diabetes
- Cancer
- Chronic obstructive pulmonary disease
- Coronary artery disease
- Heart failure

**1-800-765-6717**

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## Why are we calling?

A compassionate UnitedHealthcare nurse or advocate may reach out to offer extra support. They may be trying to contact you to help schedule appointments, enroll you in complimentary programs, help fill prescriptions and answer your questions.

**Missed our call?**  
Call us at **1-800-765-6717**.



# Support for Growing Families



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## Maven

Available to all dentsu employees.

Maven is your comprehensive **digital health platform** that offers support for every path to parenthood:

- Preconception and fertility including IUI, IVF, and egg freezing
- Pregnancy and postpartum including breast milk shipping services through Maven for work travel
- Adoption and surrogacy journeys with access to Maven Wallet for easy reimbursement of eligible expenses (currently available)
- Parenting and pediatric support to consult providers whenever you need them up until your child's 10th birthday

You'll have access to your own Care Advocate who can help you find support, navigate your benefits and understand your health bills.

[mavenclinic.com/join/dentsu](https://mavenclinic.com/join/dentsu)

All services will be available as of Sept. 1, 2022.

## Fertility Solutions

Available to UnitedHealthcare members.

Dentsu's fertility benefits cover all pathways to parenthood including same sex partners and single parents.

Fertility Solutions gives you support from a dedicated, **experienced fertility nurse** who can help you:

- Get information on causes of infertility and treatment options
- Find Centers of Excellence fertility specialists who have demonstrated potential in increasing the chance of having a baby
- Navigate the health care system and make the most of your benefits

Once enrolled in Fertility Solutions, you also have coverage for up to 5 years of egg preservation.\*

\* Five years for medical preservation and 2 years for social preservation.

[myuhc.phs.com/fertility](https://myuhc.phs.com/fertility)

1-800-765-6717

## Neonatal Resource Services

Available to UnitedHealthcare members.

If your baby needs to spend time in the NICU, a nurse will work with the hospital to help ensure your baby gets the right care, help you get ready for life at home and help you understand your benefits.

1-800-765-6717

## Breast-feeding support and supplies

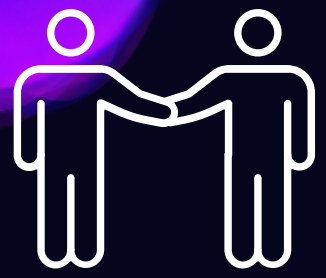
Available to all dentsu employees.

New moms can receive a personal, electric breast pump at no additional cost as part of your dentsu health plan benefits. Also, lactation support and counseling are covered 100% when you use a network health care professional.

1-800-765-6717







> In addition to these programs, we offer 16 weeks of paid parental leave for birth, adoption or foster placement. For more information, call Lincoln Financial Group at 1-800-523-0428.





# Support for Parents



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## CCA@YourService

Available to all dentsu employees.

Life's busy. Let this 24/7 service free up your time by helping with things such as finding child care, navigating the adoption process, locating parent-child communication resources and finding K-12 education support.

[myccaonline.com](https://myccaonline.com), code **dentsu**  
**1-800-833-8707**

## Bright Horizons Care Advantage

Available to all dentsu employees.

Find backup care, get exclusive tuition discounts and access up to 25 days of backup child care each year. During your child's first 12 months, you get 10 extra days with the Infant Transition Program.

Additional enhanced family support is also available to registered members, with access to educational caregivers through Sittercity and a 20% discount on tutoring with trusted partners (Varsity Tutors, Revolution Prep and MarcoPolo).

[clients.brighthouse.com/dentsu](https://clients.brighthouse.com/dentsu)  
**1-877-242-2737**

## RethinkCare

Available to all dentsu employees.

RethinkCare gives your family 24/7 access to tools and resources designed to help you and your care team in understanding, teaching and better communicating with your child. RethinkCare specializes in helping care for children with learning, social or behavioral challenges.

When you join, you get instant access to:

- Ongoing consultations with a dedicated behavior expert to address your specific challenges
- The website and app with how-to videos and resources to teach crucial skills
- Exclusive content developed to assist your child with socialization, self-help, academics and more

[dentsu.rethinkbenefits.com](https://dentsu.rethinkbenefits.com),  
code **dentsu**  
Or text RETHINK to 797979.

## Milk Stork

Available to all dentsu employees.

Traveling for business while you're nursing? Safely send your breast milk home for free. Simply pump according to your regular schedule, pack it in your Milk Stork cooler and mail using your FedEx Priority Overnight® label.

[milkstork.com/dentsu](https://milkstork.com/dentsu)

## Behavioral health support for teens and adolescents

Your benefits include access to resources designed to help your family through ongoing challenging times following the pandemic. See the **Mental Health** page for resources at no additional cost as well as behavioral health groups who specialize in adolescent and teen care, virtual options and more.

Available to all dentsu employees and UnitedHealthcare members.



# Financial Wellness



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### Retirement 401(k) Guidance

Through your 401(k) plan, you can get personalized advice at no additional cost to help you know how much to save and how to invest your retirement plan account. Advice is provided by Morningstar Investment Management LLC, an independent registered investment adviser.

[workplace.schwab.com/advice](https://workplace.schwab.com/advice)  
**1-800-724-7526**

### Schwab Essentials Program

This program is designed to give you access to financial guidance from your own concierge team, as well as exclusive savings and offers. Some key features of the essentials program include guidance from financial consultants and cash awards for qualifying deposits. The Schwab Essentials program is available to you at no additional cost.

Learn more at **Financial Wellness Support – Dentsu Benefits Plus**  
**1-877-523-5646**

### Schwab Personal Choice Retirement Account (PCRA)

This account is a self-directed brokerage account that provides access to investment choices that are not available in the Benefitsplus 401(k) Plan. Schwab PCRA is designed for individuals who seek more flexibility, increased diversification and a greater role in managing their retirement savings.

If you are interested in Environment, Social and Governance (ESG) Investing, you can use a Schwab PCRA account to invest in ESG options.

Call Schwab Retirement Services at **1-800-724-7526** for more information.

### Sofi Dashboard

SoFi Dashboard is a platform that can help you take control of your debt and make smarter decisions regarding your finances. SoFi has numerous features, including SoFi Relay, which enables you to connect your accounts to the platform to help you track your spending and create monthly budget goals. SoFi also includes credit score monitoring, where you can view your credit score and the different factors that influence it. For student loan refinancing, personal bonuses, and loans, SoFi offers discounts and cash bonuses.

[SoFi.com/Dentsu](https://sofi.com/dentsu)

### ➤ Want to learn more?

Visit [schwab.com/yourmoney](https://schwab.com/yourmoney) to explore their financial education topics. Wherever you are in your financial journey, Schwab can help.



**Some websites are optimized for specific browsers. If you are experiencing difficulty opening a website, try using a different browser (e.g., Google Chrome, Safari, Microsoft Edge, etc.).**

These services are for general informational purposes only and are not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs. Please refer to your benefit plan documents for information about coverage.

24/7 Virtual Visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. 24/7 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 24/7 Virtual Visit Provider's reduced rate for a 24/7 Virtual Visit is subject to change at any time.

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 **BenefitsPlus**  
Healthy · Resilient · Prepared · Balanced