

2023 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.
- 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 with access code **dentsu**.

No cost



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

Download Self Care by AbleTo®.

- Tap in to tools created by clinicians that are suggested for you based on your responses to a short, optional assessment.
- Receive personalized content designed to boost your mood.
- Access self-care techniques, coping tools, meditations and more.

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

Visit ableto.com/begin and use access code: **benefitsplus**.

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 at myuhc.com® to find a provider. Some services may require prior authorization. If you have questions, call **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 with 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 that 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 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 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 Helpline.

- 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. 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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