2023 Well-Being Calendar

Empowerment + Renewal

Discover your path as we unveil new medical plan options and wellness enhancements, empowering you to make choices that align with your unique journey. End the year with a focus on fortifying your mental well-being with tips for managing holiday stress and embracing the season's joy.

OCTOBER

20

Friday

2024 New Benefits Preview

1:00pm -2:00pm ET

Presenters: US Benefits Team, Surest, Charles Schwab

Discover what's coming in 2024 led by our US Benefits Team. Learn about a new medical plan option and updates to our financial wellness platform.

Click here to register

NOVEMBER

6-22

Open Enrollment:

Important Dates to Note

2024 Annual Benefits Enrollment Webingr

Wednesday November 15th

2:00pm - 3:00pm ET

New Medical Option Sessions

Thursday November 2nd 2:00pm - 3:00pm ET

Friday November 17th 2:00pm - 3:00pm ET

No need to register, look out for it on your calendar.

DECEMBER

8

Friday

Mastering the Holiday Hustle X CCA

1:00pm -1:45pm ET

Presenters: CCA

Join us to win prizes and discover effective stress reduction strategies and practical tips to help you navigate the holiday season with ease.

Click here to register

Resources + Benefits



CCA - Access dedicated coaches for personalized support in navigating various work/life challenges.



Schwab Essentials - Free access to exclusive support from Schwab financial consultants for financial assistance.



PLUM Benefits - Get offers on events and destinations that could save you up to 60%! Use your work email and enter code: **ac0122245**



MyUHC - Check out tools and resources embedded into our medical plans to help you maximize your health care.



BenefitsPlus - Access all things benefits related by visiting dentsubenefitsplus.com



Click here to see our mental health roadmap

*Only available to UHC members.