

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:



<p>Want quick, 24/7 access to someone who can help with relationship challenges or the loss of a loved one?</p>	<p>Want an app that can help you deal with symptoms of stress, anxiety and depression?</p>	<p>Want to meet with a therapist for ongoing in-person or online counseling sessions?</p>	<p>Want help but not sure where to start?</p>	<p>Want a flexible counseling option that includes video appointments and unlimited text messaging?</p>	<p>Dealing with alcohol, opioid or other substance use issues?</p>
<p>Try your Employee Assistance Program (EAP).</p> <ul style="list-style-type: none"> • 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. <p><i>Available to all dentsu employees and household members.</i></p> <hr/> <p>Call 1-800-833-8707 or sign in to myccaonline.com with access code dentsu.</p> <p>No cost</p>	<p>Download Self Care by AbleTo®.</p> <ul style="list-style-type: none"> • 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. <p><i>Available to all dentsu employees and household members age 13 and older.</i></p> <hr/> <p>Visit ableto.com/begin and use access code: benefitsplus.</p> <p>No cost</p>	<p>Tap into your behavioral health benefits.**</p> <ul style="list-style-type: none"> • 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. <p><i>Available to UnitedHealthcare members.</i></p> <hr/> <p>Sign in at myuhc.com® to find a provider. Some services may require prior authorization. If you have questions, call 1-800-765-6717.</p> <p>What you can expect for costs:</p> <ul style="list-style-type: none"> • PPO plan: \$30 copay. • HDHP: You pay 100% of the cost until you meet your deductible. 	<p>Try Mindset by One Medical.***</p> <ul style="list-style-type: none"> • 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. <p><i>Available to UnitedHealthcare members.</i></p> <hr/> <p>Visit onemedical.com/myhealth and use code DNTONE to enroll.</p> <p>What you can expect for costs:</p> <ul style="list-style-type: none"> • PPO plan: \$0 copay. • HDHP: \$150-\$285 per session until you meet your deductible. 	<p>Try Talkspace.**</p> <ul style="list-style-type: none"> • 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. <p><i>Available to UnitedHealthcare members over the age of 13.</i></p> <hr/> <p>Register at talkspace.com/connect and then download the app. Note: You will need your medical ID card to register.</p> <p>What you can expect for costs:</p> <ul style="list-style-type: none"> • PPO plan: \$0 copay. • HDHP: Approximately \$85/week until you meet your deductible. 	<p>Get immediate support with a call to the Substance Use Treatment Helpline.</p> <ul style="list-style-type: none"> • 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. <p><i>Available to all dentsu employees and household members.</i></p> <hr/> <p>Call 1-855-780-5955.</p> <p>No cost</p>

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.

CCA@YourService is not administered by or affiliated with UnitedHealthcare or Optum.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans. Administrative services for behavioral health resources except EAP provided by United HealthCare Services, Inc. or their affiliates. © 2023 United HealthCare Services, Inc. All Rights Reserved. (ES23-2351352)

