

Resources for navigating life's unique challenges.

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 wellbeing concerns like depression, anxiety, eating disorders and substance use. **It's healthy to ask for help.**

For comprehensive benefits information, visit dentsubenefitsplus.com.

To speak with UnitedHealthcare, call **1-800-765-6717**.

To speak with Surest, call **1-866-683-6440**.

Want help but not sure where to start?

Employee Assistance Program (EAP)

Connect with a specialist via phone to discuss whatever you're going through. Your EAP is available 24/7 and, if you're interested, they can also connect you with a **dedicated work-life coach**.† Or use the **CCA@YourService app** to text a coach or join self-paced sessions.

†Dedicated work-life coaches are available 8 hours per week.

📞 **1-800-833-8707**

🌐 **myccaonline.com**
(code: **dentsu**)

💰 No additional cost

📱 **CCA@YourService app**
(code: **dentsu**)

Looking for an app that can help with symptoms of stress, anxiety and depression?

Self Care by AbleTo®

Get access to self-care techniques, coping tools, meditations and more — anytime, anywhere. The personalized content is designed to help boost your mood and shift your perspectives.

🌐 **ableto.com/begin**
(code: **benefitsplus**)

💰 No additional cost

Talkspace

*Available to medical plan members***

Communicate with a licensed therapist via text or live video from your phone or desktop.***

🌐 **talkspace.com/connect**

💰 **Costs:**

PPO/Surest plan: \$0 copay

HDHP: Approximately \$85/week until you meet your deductible

Want to meet with a therapist for ongoing counseling sessions?

Behavioral health benefits

*Available to medical plan members***

Our health plans cover a range of behavioral health services, from outpatient counseling and psychiatry to inpatient treatment for substance use and other conditions. To find in-network options, call the number on the back of your ID card. Additional options include **Alma, Bend Health, Charlie, Equip, Resilience Labs** and **Talkiatry**.

🌐 **myuhc.com®**
benefits.surest.com

💰 **Costs:**

PPO plan: \$30 copay

HDHP: You pay 100% of the cost until you meet your deductible

Surest: \$0 virtual, \$40 office

Mindset by One Medical

*Available to medical plan members***

One Medical has mental health services that are billed through insurance, such as a mental health visit with your primary care provider (PCP). One Medical is available in select cities. [Click here](#) to learn more.

🌐 **onemedical.com/myhealth**
(code: **DNTONE**)

💰 **Costs:**

PPO plan: \$0 copay

HDHP: \$150–\$285 per session until you meet your deductible

Dealing with alcohol, opioid or other substance use issues?

Substance Use Treatment Helpline

Get immediate support on the road to recovery, 24/7. A substance use recovery advocate will listen, offer support and help develop a personalized recovery plan.

📞 **1-855-780-5955**

💰 No additional cost

*Confidential in accordance with the law.

**Available to dentsu employees and dependents enrolled in a UnitedHealthcare medical 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.

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