

# 2024 Well-Being Calendar

## Maximizing Your Benefits

In Q4, we're excited to bring you a series of sessions designed to help you make the most of your benefits and wellness resources. From understanding your voluntary benefits to exploring additional wellness perks, each session will provide valuable insights and practical tips to enhance your overall well-being. Join us to discover how to leverage these offerings to support a healthier, more balanced lifestyle and fully utilize the resources available to you.



### Voluntary Benefits Session

WEDNESDAY, OCTOBER 23<sup>RD</sup>

12:30PM - 1:00PM ET

Curious about Voluntary Benefits? Join the session to learn about key options including accident insurance, critical illness coverage, pet insurance, and more. Discover how these benefits can enhance your overall plan and provide extra protection.

[CLICK HERE TO REGISTER](#)

### 2025 Annual Benefits Enrollment Webinar

WEDNESDAY, NOVEMBER 13<sup>TH</sup>

2:00PM-3:00PM ET

Open Enrollment:  
NOVEMBER 6<sup>TH</sup>-22<sup>ND</sup>

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

### Wellness Perks at dentsu

Speakers: TBA

WEDNESDAY, DECEMBER 11<sup>TH</sup>

12:30PM - 1:00PM ET

Join us to explore the additional wellness benefits available to you, all for free, beyond the standard medical plan. We'll cover fitness offerings, mental health resources, women's health resources, discounts, financial resources and more.

[CLICK HERE TO REGISTER](#)

## RESOURCES + BENEFITS



**SoFi Dashboard** - Access a personalized debt navigator, advice for your repayment options, and receive a discounted refinancing rate.



**Kaia Health\*** - Free digital physical therapy program helps alleviate pain and improve body function.



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



**Charles Schwab** - Access and manage your 401(k) account and financial savings tools.



**One Pass** - Discover your new favorite way to stay healthy. Log into Rally to get started.



**Real Appeal\*** - Free weight loss program that offers support and guidance for better health and lifelong wellness.



**BenefitsPlus** - Access all things benefits related by visiting [dentsubenefitsplus.com](https://dentsubenefitsplus.com)



**Lulafit** - Access a digital platform that connects you to a mix of on-demand self-guided workouts.



**Self-Care by AbleTo** - Support for when you feel stressed or overwhelmed. Company access code: **benefitsplus**

[Click here to see our mental health roadmap](#)

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**Want to be part of a community?** Learn about our various employee-led groups formed around common interests, common bonds, or similar backgrounds. **Join a dentsu BRG - everyone is welcome.**

[GET INVOLVED](#)