

2025

Well-Being Calendar

New Year, New You!

Start the year with a focus on personal growth and well-being. This quarter, we'll guide you in taking control of your health and wealth by maximizing your health plan benefits, staying on top of preventive care, and exploring financial wellness tools to set a strong foundation for the year ahead.

Q1

How to Use Your Medical Plan

FRIDAY, JANUARY 24TH

12:00PM ET

Maximize your benefits this year and learn how to utilize your medical plan! In this session, we will deep dive into UHC tools and programs available to you. Learn how to navigate the UHC app, discover key features, and more. This session is designed to help you understand your benefits better, ensuring that you're fully equipped to make informed healthcare decisions.

[CLICK HERE TO REGISTER](#)

Health Screenings + Preventive Care Awareness

FRIDAY, FEBRUARY 21ST

12:00PM ET

Preventive care is key to long-term health, and in this session, we will discuss the importance of regular health screenings and how they can help catch potential issues early. Learn about the screenings covered by your health plan and how to access these services to stay on top of your health!

[CLICK HERE TO REGISTER](#)

Financial Wellness for the New Year

FRIDAY, MARCH 21ST

12:00PM ET

Kick off the year with strong financial wellness! Join us to explore dentsu's financial resources, including our Charles Schwab partnership for managing your 401(k) and savings. Learn strategies for financial planning, goal-setting, and tips for managing your finances for short- and long-term security.

[CLICK HERE TO REGISTER](#)

RESOURCES + BENEFITS



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



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



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



Surest - An additional medical plan offering that utilizes the same UnitedHealthcare Choice Plus Network.



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



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



Calm Health - Calm is your go-to app whenever you need to recenter and destress.



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



Optum Bank - Download the app to easily manage your HSA. Pay bills, view transactions, upload receipts and more!

*Indicates benefits available exclusively to employees enrolled in the dentsu medical plan.

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

dentsu



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](#)