

2025 Well-Being Calendar

Spring Into Wellness

Embrace the changing season with a focus on rejuvenating your well-being. This quarter, we'll highlight resources that support family health, enhance mental well-being, and help you find a balanced approach to work and life—setting you up for sustained energy and success.

Q2

Annual Virtual Baby Shower

FRIDAY, APRIL 25TH

12:00PM–12:45PM ET

Join us for our Annual Virtual Baby Shower, where we'll showcase family support vendors and parental leave resources to help you on your journey into parenthood. Hear from vendors like Maven, Re-Think Care, Bright Horizons, and UHC, with details on breast pumps and other family support resources. Plus, exciting prizes will be given away throughout the event!

[CLICK HERE TO REGISTER](#)

The Stress Management Toolkit

FRIDAY, MAY 16TH

12:00PM–12:30PM ET

How can you identify stress and its impact on your well-being? Join us as we dive into the latest research and insights from experts on both positive and negative stress. Participants will leave with practical tools for managing stress, including strategies for mindful communication.

[CLICK HERE TO REGISTER](#)

The Five Buckets Principle

FRIDAY, JUNE 13TH

12:00PM–12:30PM ET

Can you balance finances, family, work, health, and community? In this interactive webinar, attendees will learn the Five Buckets Principle of work-life balance, gaining tools to prioritize what truly matters. They'll discover how to focus on the big picture while managing the little things, making time for themselves and fun through better choices and managing expectations.

[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. When accessing Calm Health via the link, click the **"individuals sign in"** button.



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

BenefitsPlus
Healthy • Resilient • Prepared • Balanced

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](#)