

## Q1

## 2026 WELL-BEING CALENDAR

Start Strong with Benefits Built for Every Part of You

As we welcome a new year, our focus is all about strengthening your foundation for better health and wellbeing. This quarter's theme is **Start Strong** and reflects our commitment to helping you make the most of your benefits so you can feel healthy, confident, and supported in every part of your life. From new programs like **Wellhub** and **Dario**, to refreshed medical, financial, and family wellbeing resources, this season is the perfect time to set goals, build positive habits, and take advantage of the tools designed to support the whole you.

Throughout January to March, you'll find opportunities to learn, connect, and take action. Whether that's exploring your medical coverage, prioritizing preventive care, making smart financial moves for the year ahead, or discovering new wellbeing solutions that fit your lifestyle. We invite you to join our webinars, explore your BenefitsPlus programs, and lean into this quarter's focus on **Be Healthy**, the first of our four wellbeing pillars guiding your 2026 journey.

Let's kick off the year with intention, clarity, and the confidence to thrive at work, at home, and in every moment in between.



## Q1 Well-Being Calendar Events:

## WELL-BEING WEBINAR

Introducing Our 2026 Well-Being Programs with Wellhub & Dario

Date: Wednesday, January 7, 2:00-3:00 PM ET

Representatives from Wellhub and Dario will walk us through their platforms, highlight key benefits, explain how to enroll, and answer any questions you may have. We're excited to share these new resources and encourage everyone to attend and learn more.

REGISTER

## BENEFITS WEBINAR

Getting the New Year Started

Date: Wednesday, January 14, 2:00 – 3:00 PM ET

Representatives from UnitedHealthcare (UHC) and Charles Schwab will walk you through key aspects of your benefits for the year ahead. UHC will provide an overview of your medical coverage, while Schwab will review the features of our 401(k)-retirement plan and how to make the most of your savings options. This session is a great opportunity to understand your benefits and get your questions answered as we begin the new year.

REGISTER

## BenefitsPlus Resource Hub



**MyUHC** – Check out tools and resources embedded into our medical plans to help you maximize your health care for the whole you.



**Optum Bank** – Download the Optum Bank app to easily manage your HSA, pay bills, view transactions, and more!



**Surest** – An additional medical plan offering that utilizes the same UHC Choice Plus Network. Use Access Code: **dentsu2026**



**VSP Vision Care** – Manage your eye care needs at any time and find in-network providers.



**Delta Dental** – Gives you access to a dentist search, claims, coverage details, ID cards, and more!



**Maven** – Free on-demand virtual support for starting and growing your family.



**Wellhub** – Get access to a nationwide fitness network, wellness apps, and personalized coaching.



**CCA@YourService** – Our EAP provides 24/7 access to free and confidential professional counseling, along with support resources that help you manage everyday life. Company Code: **dentsu**



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

## BENEFITS SPOTLIGHT WEBINAR

401(k) Charles Schwab, UHC, Maven, and Bright Horizons

Date: Wednesday, March 11, 2:00 – 3:00 PM ET

Join us for our **March Wellness & Benefits Webinar**, featuring presenters from Charles Schwab, UnitedHealthcare (UHC), Maven, and Bright Horizons. Each partner will share important updates on available programs and resources, along with guidance on how to make the most of your benefits. This session is a great opportunity to stay informed and get your questions answered.

REGISTER

## 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



BeHealthy