

# Q2

# 2026 WELL-BEING CALENDAR

## Recharge Your Mind & Reconnect With Yourself

This quarter, we're focusing on **supporting your mental and emotional well-being** so you can navigate life's ups and downs with strength and confidence. From stress management to virtual therapy and mindfulness tools, explore your **BenefitsPlus resources** to help you feel balanced, grounded, and supported both at work and at home.



### Q2 Well-Being Calendar Events:

#### BENEFITS SPOTLIGHT WEBINAR



**Annual Baby Shower**  
Wednesday, May 13, 2:00 – 3:00 PM ET

Join us for our Annual Baby Shower Webinar, featuring presenters from Maven, Bright Horizons, UHC, and CCA@YourService. Each partner will share important highlights on their available programs and resources. This session is a great opportunity to stay informed and get your questions answered.

[REGISTER](#)

#### BENEFITS WEBINAR



**Your Summer Benefits Check-Up**  
Thursday, June 18, 2:00 – 3:00 PM ET

Join us for our Q2 Benefits Partner Webinar, featuring presenters from UHC Medical, VSP Vision, and Delta Dental. Each partner will share helpful insights, program updates, and practical tips to help you make the most of your coverage like how to use vision benefits to get sunglasses and schedule your child's wellness visits. This session is a great opportunity to understand your benefits and get your questions answered for a mid-year benefits check-up.

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### BenefitsPlus Resource Hub

- MyUHC** – Medical tools and resources
- Optum Bank** – Manage your HSA
- Surest** – Digital-first medical plan; access code: *dentsu2026*
- VSP Vision Care** – Eye care and provider locator
- Delta Dental** – Dental providers, claims, ID cards
- Maven** – Family-building and reproductive health support
- Wellhub** – Fitness, nutrition, and well-being apps
- CCA@YourService** – EAP support; company code: *dentsu*
- Charles Schwab** – 401(k) account management and tools

#### 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](#)

