Resources for navigating life's unique challenges.

The day-to-day pressures of work, family and everything else on your to-do list can feel overwhelming. Dentsu offers convenient, confidential* support for those moments — and for ongoing mental wellbeing concerns like depression, anxiety, eating disorders and substance use. **It's healthy to ask for help.**

For comprehensive benefits information, visit **dentsubenefitsplus.com**.

To speak with UnitedHealthcare, call **1-800-765-6717**.

To speak with Surest, call **1-866-683-6440**.

Want help but not sure where to start?

Employee Assistance Program (EAP)

Connect with a specialist via phone to discuss whatever you're going through. Your EAP is available 24/7 and, if you're interested, they can also connect you with a **dedicated work-life coach**.† Or use the **CCA@YourService app** to text a coach or join self-paced sessions.

†Dedicated work-life coaches are available 8 hours per week.

1-800-833-8707

myccaonline.com
(code: **dentsu**)

No additional cost

CCA@YourService app
(code: **dentsu**)

Looking for an app that can help with symptoms of stress, anxiety and depression?

Calm Health

Available to medical plan members**

The Calm Health app brings you a library of support — including mindfulness content and programs created by psychologists — for a variety of health experiences and life stages. This information is designed to help you:

- **Learn techniques to improve wellbeing** – Find tools, music and sounds to help you meditate, improve focus, move mindfully and feel calm.
- **Work toward goals** – Join self-guided self-care programs, and track your progress along the way.
- **Support your mind and body** – Access mental health information and support to help you strengthen the mind-body connection.

uhc.app/calm
You'll be prompted to sign in on the **UnitedHealthcare® app** or at **myuhc.com®** first. If you don't have an account, select **Register** to create one.

No additional cost

Talkspace

Available to medical plan members**

Communicate with a licensed therapist via live video from your phone or desktop.***

talkspace.com/connect

Costs:
PPO/Surest plan: $0 copay
HDHP: You pay 100% of the cost until you meet your deductible

Want to meet with a therapist for ongoing counseling sessions?

Behavioral health benefits

Available to medical plan members**

Our health plans cover a range of behavioral health services, from outpatient counseling and psychiatry to inpatient treatment for substance use and other conditions. To find in-network options, call the number on the back of your ID card. Additional options include **Alma, Bend Health, Charlie, Equip, Resilience Labs** and **Talkiatry**.

myuhc.com®
benefits.surest.com

Costs:
PPO plan: $30 copay
HDHP: You pay 100% of the cost until you meet your deductible
Surest plan: $0 virtual, $40 office

Dealing with alcohol, opioid or other substance use issues?

Substance Use Treatment Helpline

Get immediate support on the road to recovery, 24/7. A substance use recovery advocate will listen, offer support and help develop a personalized recovery plan.

1-855-780-5955

No additional cost

*Confidential in accordance with the law.

**Available to dentsu employees and dependents enrolled in a UnitedHealthcare medical plan.

***Data rates may apply.

CCA@YourService is not administered by or affiliated with UnitedHealthcare or Optum.

These services and programs are for informational purposes only and should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This content is for informational and/or educational purposes only. It is not meant to be used in place of professional clinical consultations for individual health needs. Certain treatments may not be covered in some benefit plans.

Administrative services for behavioral health resources except EAP provided by United HealthCare Services, Inc. or their affiliates. © 2026 United HealthCare Services, Inc. All Rights Reserved. (ES26-5741554)

BenefitsPlus
Healthy · Resilient · Prepared · Balanced

UnitedHealthcare