DENSO

Crafting the Core

Are you dealing with...
High Blood Pressure, Chronic Joint Pain,
Diabetes, Digestion Issues, Mental Health,
Menopause, Upcoming Surgery,
New Medical Diagnosis, or
Weight Loss Goals?

DENSO Benefits Can Help

Learn More About Your Options at
densobenefits.com

Wellness Programs Overview

Program	Description	Eligibility/Cost	Provider
Healthy Horizons	Confidential in-person coaching, education, and tools to help you make continuous improvements to your health.	Available at no cost to all associates. Do not need to be enrolled in a DENSO medical plan.	HealthbyDesign densohealthyhorizons.com Phone: 866-996-2155
Employee Assistance Program (EAP)	Confidential support for life situations and counseling for behavioral health, including substance abuse.	Up to five free visits per unique issue each calendar year through TELUS Health. Available to all associates and eligible dependents.	TELUS Health *(formerly BHS)* memberaccess.behavioralhealthsystems.com/ Phone: 800-245-1150 *Note: Preauthorization may be required.*
Behavioral Health (OpenRoad, MainStreet, ExpressWay enrollees only)	Coordinates with EAP to provide inpatient and outpatient care for mental health and substance abuse treatment.	Available to associates and eligible dependents enrolled in OpenRoad, MainStreet, or ExpressWay medical plans. Cost share based on enrolled medical plan.	
Behavioral Health (Surest enrollees only)	Coordinates with EAP to provide inpatient and outpatient care for mental health and substance abuse treatment.	Available to associates and eligible dependents enrolled in the Surest medical plan.	surest Surest.com Phone: 866-683-6440 or search for a provider and cost in the Surest app
Carrum Health	Surgical concierge for musculoskeletal, spinal fusion, bariatric, surgical oncology, and cardiovascular surgeries	MainStreet/ExpressWay/ Surest: no cost share OpenRoad: meet deductible then no cost share	carrumhealth carrumhealth.com Phone: 888-855-7806
2nd.MD	Second opinion, help understanding a diagnosis or treatment, and referrals.	No cost to associates and eligible dependents enrolled in a DENSO medical plan.	2nd.MD 2nd.md/denso Phone: 866-887-0719
Diabetes Management	Personalized education and support for managing diabetes; includes a connected glucose meter and testing supplies.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan with a diabetes diagnosis.	Teladoc HEALTH (Formerly Livongo) Teladochealth.com Phone: 800-945-4355
Hypertension Management	Personalized education and support for managing hypertension (high blood pressure); includes a blood pressure monitor.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan with a hypertension diagnosis.	
Musculoskeletal (MSK) and Menopause	Virtual education and support for managing joint and back pain; includes wearable sensors, personalized exercise therapy, and coaching.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan.	Hinge Health hinge.health/denso Phone: 855-902-2777
Digestive Health	Includes support from a registered dietitian, education, digestive health tools, and mobile app access.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan. (Formerly GIThrive)	Cylinder go.cylinderhealth.com/DENSO Phone: 833-336-9488 Registration code: DENSO
Weight Management	Track weight, monitor your food intake, connect with a personal coach, and learn how to think differently about what you eat and how you feel	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan.	NOOM go.noom.com/denso For assistance, email: partnersupport@noom.com