



LIVE WELL.

RESOURCES INCLUDE

- **Onsite health coaches**
Regularly visiting your worksite or reaching out remotely to help with health information and personal health goals.
- **Online Portal**
Find informative wellness information at your fingertips; including education, quick tips, videos, recipes and more.
Visit:
DENSOHealthyHorizons.com
- **Local health challenges and events**
Keep an eye out for local Healthy Horizons events or challenges at your work site.
- **Earn 2027 Preferred Premiums**
All associates hired on or before 9/30/2026, complete and submit BOTH the physical screening AND MHA by 11/30/2026

Associates hired on or after 10/1/2026 are encouraged to participate, but will automatically qualify for Preferred Premiums in 2027.

2026 Healthy Horizons Program.

DENSO provides you with Healthy Horizons. An award-winning program that provides individual support to help you make continuous improvement towards your overall wellbeing. The program is administered by HBD International (HBD), whose on-site health coaches provide personal attention and encouragement. This year's theme of "Living Better" encourages you to think about how the health choices you make today not only impact how you feel now, but also determine the path your health takes in the future.

Participate to Earn Preferred Premiums in 2027:

Annual health checks are a simple strategy for managing your health. DENSO encourages you to be proactive by offering a Preferred Premium discount when you complete two simple annual screenings:

- Annual Wellness Check (physical screening)
- Annual Member Health Assessment (MHA survey)

These screenings are valuable to help you understand your basic health status, as well as to track how your risks change over time.

Complete your MHA survey by 11/30/2026 online by logging in to DENSOHealthyHorizons.com, onsite with one of the health coaches, or by contacting HBD for assistance by email or phone.

Options to complete your physical screening (biometric) by 11/30/2026:

- Visit your physician. Download the "Physician Form" from the Healthy Horizons portal or request one from a health coach. It is your responsibility to ensure sure the form is submitted to HBD by 11/30
- If available at your location, call and make an appointment to complete your screening at a DENSO Family Health Center (DFHC)
- Visit LabCorp. If available in your area, you can contact HBD to request a LabCorp Authorization form to complete a no-cost screening at LabCorp

The Healthy Horizons program is here to support you. Participation is voluntary and your privacy is protected by HBD.

If you have questions, speak with a health coach when you see them at work, contact HBD, or contact your affiliate's HRBP team.



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HbD International