

# 2024 Healthy Horizons Program



DENSO provides you with Healthy Horizons, an award-winning program that provides individual support to help you make continuous improvements toward your overall wellbeing. The program is administered by **HBD International (HBD)**, whose on-site health coaches deliver personal attention and encouragement. This year's program theme, "Under the Hood", can help you understand how the health choices you make on the outside affect your body and mind on the inside.

## Getting Started

Visit [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com)

### Returning Users

- If you were part of our program last year, your existing account remains the same.
- Click **Login Here**.
- Trouble logging in? Click the "Contact Us" link for assistance.

### New Users

- If you are new to the program in 2024, click **Activate Your Account**.
- Enter your last name and date of birth and the last 4 digits of your social security number to complete your registration.
- Create your **Password** and then log in.

## Program Overview

The Member Health Assessment (MHA) and annual wellness physical remain key components of the program. Knowing your current health status helps you choose relevant goals, which will have the most benefit.

1. Complete your Member Health Assessment (MHA) using one of the following options:
  - Log in to [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com)
  - In-person with a health coach
  - Contact HBD by phone at 866-996-2155
2. Complete and submit your physical, if applicable (see details on right).
3. Set your Personal Goals. You decide what you want to improve, and work with local health coaches to reach your goals.



## How to Qualify for 2025 Preferred Premiums

Refer to the information below on how to qualify for Preferred Premiums in 2025.

Associate Hire Dates	Complete BOTH Physical and MHA
Hired on or before 9/30/2024	Deadline: 11/30/2024
Hired on or after 10/1/2024	Automatically qualified

Below are the three options available this year to complete your physical screening:

- **Contact your onsite DENSO Family Health Center (DFHC)** - If available at your affiliate, you may call and make an appointment at the DFHC and have your screening performed there. Visit [members.premisehealth.com/DENSO](https://members.premisehealth.com/DENSO) for more information.
- **Visit your physician** - Your physician may submit your physical results on a **Physician Form**. Prior to your appointment, be sure to download the form from HBD's web portal or use the "Contact Us" link on the website to request a 2024 Physician Form. Please remember it is your responsibility to make sure your Physician Form is submitted and received by HBD by 11/30.
- **Visit LabCorp** - If available in your area, you may complete your screening for no cost at LabCorp. You must contact HBD before you visit LabCorp to obtain an authorization form. Use the "Contact Us" link on HBD's portal or email HBD at [contactus@hbdinternational.com](mailto:contactus@hbdinternational.com)

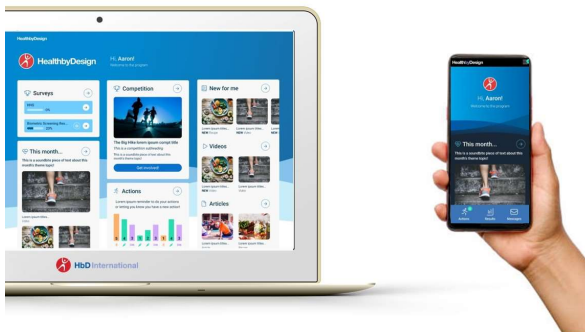


# Set a Healthy Course.

## Program Support and Activities

There are a variety of resources available to help support your wellbeing goals. By participating in Healthy Horizons, you have access to the following:

- **On-site Face-to-Face Coaching**  
Short, informative health coaching at your work site. Coaches will help you with your personal health goals during regular visits to your work site (remote coaching available as well).
- **Practical information and online portal**  
Health tips and information available at your work site and online at [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com).
- **Local health challenges and events**  
Keep an eye out for Healthy Horizons challenges and events at your work site.



### Your information is Protected

All health information and interactions or conversations with a health coach are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Your personal health information is never shared without your consent.

HBD is a third-party vendor and not associated with DENSO. Information collected by HBD is stored securely. DENSO will only receive group data and incentive eligibility data. Neither DENSO nor your health plan will receive any personal information without your consent.

## Frequently Asked Questions

### What are HBD's hours?

Main office hours: 8am - 6pm Eastern, M-F. HBD has a dedicated DENSO call line. Calls will be answered when an attendant is available, otherwise leave a message and return phone number. All calls will be returned within 1 business day.

### What if I don't have computer access?

You can still participate by speaking with a coach when they visit you at work. You may also complete your MHA with a coach, or by calling HBD. For further assistance, contact your affiliate's HR Department.

### How do I contact my coach?

You can connect with your health coach during their regular visits to your work site. If you want to connect with a coach via email, use the "contact us" link and your message will be forwarded to your coach.

### What if I miss my appointment with my health coach?

You can use the "contact" link on HBD's website to send a message and request to reschedule your appointment during your coach's next work site visit.

### What if I don't want to participate?

Participation in the program is voluntary. Yet, associates who choose to participate will have the tools to help improve their overall health and the opportunity to earn 2025 Preferred Premiums.

### What if I still have questions?

- Ask a coach when they visit your workplace
- Send a message via the "contact" link (upper left corner) of the web portal
- Call HBD at 866-996-2155

### For more program information:

- Visit [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com)
- Speak with a health coach
- Call HBD at 866-996-2155

