

Healthy Body. Healthy Mind.

2025 Healthy Horizons Program.



DENSO provides you with Healthy Horizons. An award-winning program that provides individual support to help you make continuous improvement toward 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 "Mind and Body" can help you understand the connections between your everyday health choices and how they can improve both your physical and mental wellbeing.

Track and Manage Your Health



Visit DENSOHealthyHorizons.com

You can access helpful health information, complete your annual MHA survey, as well as view your past health screening results to see how your health is changing over time.

Returning Users:

- Login using your email address as your username and your existing password

If you don't know your password or can't log in, follow the instructions on the page to reset your password, ask a coach to help, or contact HBD at the email below or shown on the site.

New Users:

- If you are unsure whether you have an account, first try to reset your password. If you don't receive the email or can't log in, or if you are a new associate, please ask a health coach or contact HBD to get your account registered.
- Email contactus@hbdinternational.com for account registration or assistance

Participate to Earn Preferred Premiums in 2026!

Annual health checks are a simple, yet important 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)

The value of these screenings include:

- Many biometric risks don't show early symptoms. By completing a screening, you may be able to identify health risks to discuss with your doctor.
- Track trends and changes in your health risks over time.
- Notice lifestyle actions that may lead to low energy, injury, or cognitive risks.
- Support goal setting between you and your coach.
- Define current health behaviors that may impact your results and general wellbeing.

To qualify for Preferred Premiums in 2026:

- **All associates hired on or before 9/30/2025, complete and submit to HBD BOTH the physical screening AND MHA by 11/30/2025**
- Associates hired on or after 10/1/2025 are encouraged to participate, but will automatically qualify for Preferred Premiums in 2026.

View next page for more information on how to complete your physical screening.



DENSOHealthyHorizons.com
contactus@hbdinternational.com
1-866-996-2155

Here For You.



How to Complete Your Screenings for Preferred Premiums

Complete your Member Health Assessment (MHA) in one of three ways by **11/30/2025**:

- Online at any time during the year by logging in to DENSHealthyHorizons.com. (If you aren't able to login, ask a health coach or contact HBD via email)
- Onsite with one of the health coaches
- Request a call back at 1-866-996-2155 to complete with a coach over the phone

Three options to complete your physical (biometric) screenings:

Visit your physician	Prior to your appointment: Download the "Physician Form" from your Healthy Horizons portal or request a copy from coaches onsite. It is your responsibility to make sure your form is submitted to HBD by 11/30
DENSO Family Health Center (DFHC)	If available at your affiliate, you may call and make an appointment at the DFHC to have your biometric screening performed there
Visit a LabCorp Facility	If available in your area, you can request a LabCorp Authorization form to receive a no cost biometric screening. Authorization forms are available from your HBD team via coaches, email, web contact link, or phone

If you have additional questions, speak to a health coach when they visit your work area or reply when they reach out to you remotely.

Your Privacy is Protected:

HBD is a third-party wellness vendor. All health records and conversations with health coaches are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Information is not shared with your employer without your consent.

The Healthy Horizons program is here to support you with your health and wellbeing goals.

Resources include:

- **Onsite health coaches**
Routinely visit your worksite or reach out remotely. Coaches can help with personal goals relevant to you and your personal health risks.
- **Online Portal**
Find informative wellness information at your fingertips; including education, quick ideas, videos, and recipes
Visit DENSHealthyHorizons.com.
- **Local health challenges and events**
Keep an eye out for local Healthy Horizons events or challenges at your work site.

Common Questions

What if I don't want to participate?

Participation is voluntary. Yet, associates who **choose** to participate will have the tools to help improve their overall wellbeing along with the opportunity to earn 2026 Preferred Premiums.

How do I contact a coach?

You can connect with the health coaches during their regular visits to your work site or when they contact you remotely. If you want to connect with a coach via email, simply use the "contact" link on the portal and your message will be forwarded to your local coaching team.

Do I need a computer to participate?

No. The Healthy Horizons portal is mobile friendly and can be used as an app. You can also participate by speaking with the health coaches whenever they visit your work site. To complete the MHA, ask a health coach or use the phone option to call HBD.

If you have other questions, ask a coach when you see them at work, email HBD, or contact your affiliate's HRBP team.

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