








High Blood Pressure, Chronic Joint Pain,
Diabetes, Digestion Issues,
Upcoming Surgery,
New Medical Diagnosis,
Weight Loss Goals

**Whatever You're Dealing With...
DENSO Benefits Can Help**

Learn More About Your Options at
www.densobenefits.com



Wellness Programs Overview

Program	Description	Eligibility/Cost	Provider
Healthy Horizons	Confidential, individualized 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 866-996-2155
Employee Assistance Program (EAP)	Confidential support for life situations and counseling services for behavioral health needs, including substance abuse. Up to five visits per unique issue each calendar year through BHS network.	Available at no cost to all associates and eligible dependents.	 BEHAVIORAL HEALTH SYSTEMS behavioralhealthsystems.com/ 800-245-1150
Behavioral Health	Coordinates with EAP benefits to provide inpatient and outpatient care for mental health and substance abuse treatment.	Available to associates and eligible dependents enrolled in a DENSO medical plan. Cost share based on enrolled medical plan.	<i>Note: Preauthorization may be required.</i>
Carrum Health	Surgical concierge for musculoskeletal, spinal fusion, bariatric, surgical oncology, and cardiovascular surgeries	MainStreet/ExpressWay: no cost share OpenRoad: meet plan deductible then no cost share	 carrumhealth carrumhealth.com Phone: 888-855-7806
2nd MD	Delivers a second opinion, help understanding a diagnosis or treatment plan, and making referrals. Avoid unnecessary tests, eliminate the uncertainty of your treatment plan, and get support anytime.	No cost to associates and eligible dependents enrolled in a DENSO medical plan.	 www.2nd.md/denso Phone: 866-887-0719
Diabetes Management	Personalized education and support for managing diabetes; includes a connected glucose meter and testing supplies, mobile app access, and coaching.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan with a diabetes diagnosis.	 (Formerly Livongo) Teladochealth.com 800-945-4355
Hypertension Management	Personalized education and support for managing hypertension (high blood pressure); includes a connected blood pressure monitor, mobile app access and coaching.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan with a hypertension diagnosis.	(Formerly Livongo) Teladochealth.com 800-945-4355
Musculoskeletal (MSK)	Virtual education and support for managing joint and back pain; includes wearable sensors with live feedback in the app, personalized exercise therapy, and coaching.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan.	 hinge.health/denso 855-902-2777
Digestive Health	Includes support from an expert care team including a registered dietitian, personalized education and action plan, digestive health tools, and mobile app access.	No cost to associates and eligible dependents (18+) enrolled in a DENSO medical plan.	 new.githrive.com/denso/ 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.	 go.noom.com/denso For assistance email: partnersupport@noom.com