

On the ROAD With DENSO Benefits

A bi-monthly news roundup from NA Benefits



April 2024



BEHAVIORAL HEALTH SYSTEMS

BHS is DENSO's behavioral and mental health coordinator, which includes the Employee Assistance Program (EAP).



Follow the QR code to visit the member portal.

Use Employer ID: DENSO

Mental Health Awareness Month – Take advantage of your EAP

For 75 years the US has recognized May as national Mental Health Awareness Month as a way to highlight the resources and support available to the millions of Americans who suffer from a mental health condition. Flyers and postings on our TVs this month will feature mental health benefits that DENSO and our benefits partners provide.

Associates can take advantage of the Employee Assistance Program (EAP) to help address many different situations. The EAP, through Behavioral Health Systems (BHS) is free, confidential, and available to all associates and their eligible dependents.

Each participant is eligible for **5 no-cost visits per issue every year**. You can:

- Get a counseling referral for mental or behavioral health
- Speak with a financial advisor
- Seek legal advice from licensed attorneys
- Find support for substance use
- Talk with a life coach about work/life balance

Access your benefits with BHS at behavioralhealthsystems.com, scan the QR code on left, or call BHS at 800.245.1150.



Nurturing Your Mental Health

EAP EMPLOYEE ASSISTANCE PROGRAM

Your free and confidential EAP can help you achieve a healthy mind to benefit your overall well-being. Call your BHS Care Coordinator or visit www.behavioralhealthsystems.com to learn more about your benefits.



Telehealth

Available via phone or web-based



In-Person

With a doctor, counselor or advisor



Digital

Access to virtual solutions



800.245.1150

www.behavioralhealthsystems.com



Virtual mental health care through the Teladoc Health app



Go to bcbsm.com/virtual-care, download the Teladoc Health app by following the QR code above, or call 800.835.2362 to register or arrange a telephone visit with a provider

Teladoc Health for Online Therapy and Mental Health Care

Formerly called Online Visits, Blue Cross Blue Shield of Michigan offers telemedicine through **Virtual Care by Teladoc Health**. Virtual Care includes online and telephonic visits for minor medical illnesses, prescriptions, urgent care, and psychiatry support.

Virtual Care can connect you with licensed therapists and board-certified psychiatrists when you're dealing with stressful issues such as grief, anxiety, and depression. Mental Health visits through Virtual Care require an appointment, but many therapists and psychiatrists have **evening and weekend availability**.

Virtual Care visits are **only \$15** for all DENSO medical plan participants, less than the cost of a regular office visit.

Does the name Teladoc Health sound familiar? DENSO also uses the Teladoc Health platform for our diabetes and hypertension chronic condition support! You can use the same app for multiple programs.



DENSO's HSA and FSAs are administered by Businessolver through MyChoice Accounts.

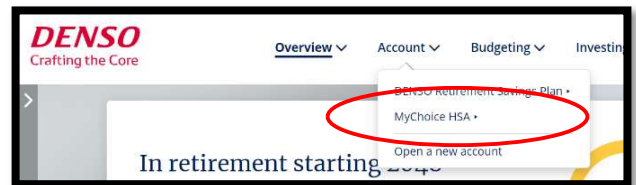


Visit myDENSObenefits.com or follow the QR code to download the app

HSA and Empower Integration – View your Account Balance

Your MyChoice Health Savings Account (HSA) balance can now be viewed on the Empower participant portal along with your 401(k) retirement savings account.

On the participant portal, click Account to view your options and click MyChoice HSA to go to your account overview. From there you will see your current HSA balance, contact information for assistance, and a link to the myDENSObenefits.com benefits portal.



This update is to view HSA balances only, you are not able to make changes to your contribution, investments, or pay claims from this site. To make changes to your HSA go to myDENSObenefits.com.

If you have questions about your HSA, call the **MyChoice Accounts helpline at 888.305.6975**.



On the Road: Helpful Reminders and Tips

- The Health Care Flexible Spending Account (FSA) carryover is complete. For those with an FSA, visit myDENSObenefits.com to view your account.
- DENSO's 401(k) administrator has a new weekly newsletter called **The Currency**. If you have an email set up with Empower you were automatically signed up for the e-newsletter. Each edition includes expert market commentary, tips on money management, plus insights and resources on financial wellness.
- You can designate beneficiaries for your HSA! Complete the **Beneficiary Designation Form** found at myDENSObenefits.com and email to HSAcicenter@umb.com or by standard mail (address on form). For questions about how to complete the Beneficiary Designation Form, call UMB directly at 866.520.4472. Other questions about your HSA can be directed to the MyChoice Accounts helpline at 888.305.6975.