

On the ROAD With DENSO Benefits

A bi-monthly news roundup from NA Benefits



August 2024



HealthbyDesign (HbD) administers DENSO's Healthy Horizons program and provides on-site Health Coaches.



Check your Preferred Premium eligibility status at densohealthyhorizons.com, follow the QR code above, or talk to your on-site Health Coach

Remember:
Biometric Screening + MHA
by 11/30/2024
= 2025 Preferred Premiums

Know Your Numbers with the Biometric Screening and MHA

In order to be eligible for **Preferred Premiums** in 2025, DENSO associates must complete two tasks: a **biometric screening** and a **Member Health Assessment** by **11/30/2024**. But what are these items and why are they necessary?

The Member Health Assessment (MHA) and biometric screening are valuable tools that produce health data for you and your healthcare providers. They can reveal health risk indicators before they become major issues.

- A **biometric screening**, or bio-screen, is a finger stick blood draw (like a blood sugar test) and wellness assessment with your healthcare provider. It records your "numbers" or your vital statistics like blood cholesterol, blood sugar, along with documenting height, weight, blood pressure, and your body mass index (BMI). These are critical data points that your provider can use to predict and detect serious issues and track progress in your health goals.
 - *Time-saving tip!* You can use the results from your annual wellness physical to meet the requirements for the biometric screening. Talk to your Health Coach on how to transfer the numbers.
- The **MHA** is a short survey meant to establish a basic understanding of your lifestyle – whether you smoke, how often you drink, if you exercise regularly, anxiety level, average number of hours you sleep, etc.

Refer to the [2024 Healthy Horizons Program](https://densohealthyhorizons.com) at DENSOBenefits.com for instructions on how to complete these two tasks by 11/30/2024.



BCBSM administers DENSO's medical and prescription plans.



Follow the QR code to visit bcbsm.com.

Benefits Q&As: Boost your Benefits Knowledge

Submit benefits-related questions to na-diam-north-america-benefits@na.denso.com

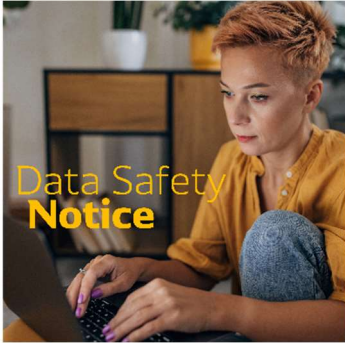


I received a postcard from one of DENSO's wellness vendors offering support for a chronic condition I have. Why did I receive this information?



Blue Cross Blue Shield of Michigan (BCBSM) is DENSO's third-party claim administrator responsible for processing all medical and prescription claims. If a claim contains a new diagnosis code or risk factors, such as diabetes, BCBSM flags our wellness vendor of your eligibility for their program, and the vendor may reach out to you with information or resources to help you. You are under no obligation to participate; it is simply another resource available to you at no cost.

Additionally, our wellness vendors may send general mass communications, such as postcards or home mailers, to raise awareness of their programs. (For example, Hinge Health may send a postcard to all female associates announcing the new Pelvic Health Pathway.)



Visit changeybersupport.com
or call 1-866-262-5342 for
assistance (translation
services available).

Change Healthcare Data Incident

Some associates have received a letter from Change Healthcare regarding a recent criminal cyberattack. This is a legitimate notice; please do not ignore it.

Change Healthcare is a widely used healthcare billing and payment processing company. While Change Healthcare is not a direct vendor of DENSO, our associates are among the millions that could be impacted. Due to the necessary exchange of data between Change Healthcare and healthcare providers, personal information, including health information, may have been exposed.

Letters from Change Healthcare are being delivered to potentially impacted individuals explaining what happened and providing resources for additional support. Change Healthcare is also offering two years of free credit monitoring and identity theft protection to those notified. If you receive a notice, they also suggest you:

- Place a fraud alert on your credit file.
- Request a credit freeze (free of charge).
- Order a credit report and review for suspicious activity (free of charge).

If you receive a notice from Change Healthcare, read the letter carefully and visit changeybersupport.com for further details.



Administers DENSO's voluntary
identity theft insurance benefit.



identityforce.com

Elect during Open Enrollment.
For more information, call
877.694.3367

Wellness For your Online Identity

Identity theft and cyber attacks, like the one mentioned in the article above, are becoming more and more common. That's why DENSO offers identity theft protection as part of our voluntary wellness benefits package.

During Open Enrollment in October, you can elect identity theft protection from Identity Force. Plan features include:

- **Prevention:** personalized action plan and identity safety score, VPN for Mobile, computer protection tools, encrypted cloud storage for important personal data, and password manager.
- **Monitoring:** fraud activity, court record analysis, 24/7 dark web alerts, and credit bureau reporting, monitoring, and alerts.
- **Recovery:** a dedicated restoration specialist, identity theft protection, and lost wallet assistance

Download the flyer at [DENSOBenefits.com/Voluntary Benefits](https://DENSOBenefits.com/VoluntaryBenefits).



Benefits On the Road: Helpful Reminders and Tips

- DENSO Family Health Centers are offering **child sports physicals for \$10**. You do not need to be a patient of the Health Center to take advantage of this service, however, you and your child need to be covered under a DENSO medical plan. Make an appointment at mypremisehealth.com and bring your school's form or paperwork. Visit DENSOBenefits.com to view flyers for DMAT, DMTN, and DMMI.
- Blue Cross Blue Shield of Michigan is changing the name of their specialty pharmacy. Alliance Rx Walgreens Pharmacy will now be called **Walgreens Specialty Pharmacy**. Members using this service were sent notifications through their last prescription and by mail. The help number remains 1-866-515-1355.
- NA Benefits will send an Open Enrollment **Save the Date** home mailer to every associate home in September **in addition to** the newsletter. Be sure your home address is up to date in Oracle so you don't miss important benefits information!