

# On the ROAD With DENSO Benefits

A quarterly news roundup from NA Benefits



February 2024



Talk to your HbD Health Coach  
in person or through email



Go to  
[densohealthyhorizons.com](https://densohealthyhorizons.com) or  
follow the QR code above

## Healthy Horizons 2024 Program: Under the Hood

*Tip: It's not too early to complete the requirements to earn 2025 Preferred Premiums. Biometric screening and Member Health Assessment are due by November 30, 2024 (for 2025 premiums).*

DENSO's Healthy Horizons wellness program, administered by Health By Design (HbD), gives you access to:

- Personal health coaching: HbD Health Coaches are available on site or via email to help you with personal health goals, accountability, or advice. Your information and conversations with your coach are private and never shared without your consent.
- Online portal: healthy tips and information, available at [densohealthyhorizons.com](https://densohealthyhorizons.com).
- Local health challenges and events: watch for Healthy Horizons challenges at your worksite.



DENSO's HSA and FSA are  
administered by  
Businessolver through  
MyChoice Accounts/UMB Bank.



Visit [myDENSObenefits.com](https://myDENSObenefits.com)  
or follow the QR code to  
download the app

## Health Savings Account (HSA) Transfer In Process

*Optum Bank transfer to MyChoice Accounts/UMB Bank has begun and will complete by March 8, 2024.*

Associates in the OpenRoad medical plan with Health Savings Accounts (HSAs) were sent an important email on 1/24/2024. It explained the process and timeframe of the HSA transfer between Optum Bank and MyChoice Accounts/UMB Bank, called the *Blackout Period*. It lasts from 2/19/2024 to 3/8/2024. During the Blackout Period:

- No claims or changes can be applied to your Optum Bank HSA.
- You will not see the transfer balance in MyChoice Accounts until 3/8 when the transfer is complete.

NOTE: If you choose to transfer your Optum Bank funds at a later date, contact Optum Bank to initiate the transfer. You are responsible for any bank transfer fees.

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



DENSO's 401(k) is administered by Empower Retirement



Follow the QR code to Download the Empower app or visit [LearningfromEmpower.com](https://www.learningfromempower.com) to register for webinars

### Education by Empower: Free Monthly Webinars

Curious about current market volatility? Wondering how to save for college or healthcare costs? Take advantage of these tools and education from Empower.

DENSO's 401(k) administrator, Empower, offers monthly live webinars on many important financial topics. Follow the QR code here to register for webinars, view tips and aids for financial planning, and learn about your Empower Retirement account.



March: Market volatility	August: Sandwich generation
April: Planning for healthcare expenses	September: Benefits of your plan
May: Early career	October: Retirement readiness
June: Free financial tools	November: Budgets
July: Retirement plan investing	December: Boost your savings



Chronic condition support for Diabetes and Hypertension



Go to [teladochealth.com](https://teladochealth.com), follow the QR code above, or call 800.835.2362 to register

### Support to Manage Diabetes and Hypertension

Formerly Livongo, Teladoc Health administers DENSO's diabetes and hypertension chronic condition programs. These are available to associates and eligible dependents (age 18+) on a DENSO medical plan at NO COST.

#### Teladoc Health for Diabetes

- Expert coaching: personalized guidance and real-time support.
- Unlimited testing supplies: lancets and testing strips delivered to your door at no cost.
- Glucose Meter and app: no cost glucometer provides real-time tips and automatically uploads your blood sugar readings.

#### Teladoc Health for Hypertension

- Expert coaching: personalized insight on your readings and one-on-one support.
- Connected monitor and app: automatically sends readings to the easy to use app.



### Benefits On the Road: Helpful Reminders and Tips

- If you were actively employed by DENSO in 2023, a hard copy of the **1095-C tax form** was mailed to your home address on February 26, 2024. Electronic copies are not available. If your 1095-C form needs correction or you need another copy, email [NA-DIAM-north-america-benefits@na.denso.com](mailto:NA-DIAM-north-america-benefits@na.denso.com).
- 2nd.MD, a DENSO wellness vendor, connects you with an expert so you can get a second opinion on your medical condition. Register an account at [2nd.md/denso](https://2nd.md/denso) by April 30 for a chance to win a \$500 Visa gift card.