

# On the ROAD

## With DENSO Benefits

A quarterly news roundup from NA Benefits



May 2023



*Hinge Health is a pain management wellness program offered at no cost for DENSO medical plan participants and dependents over age 18.*



### Pelvic Health Pathway Now Available

New in 2023 – Hinge Health now provides a women’s pelvic health program which addresses pain caused by many pelvic floor disorders like chronic pain, prolapse, or incontinence. The pathway offers comprehensive pelvic and musculoskeletal care, same-day access to physical therapists, education, and personal support.

The pelvic health pathway is for women of all stages of life, including pregnancy, postpartum, and menopause when pelvic disorders are most common.

You do not need a doctor’s referral or diagnosed condition to participate. Join at [hingehealth.com/densobenefits](https://hingehealth.com/densobenefits), call at 855-902-2777, or follow the QR code.



**BEHAVIORAL HEALTH SYSTEMS**

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



Employer ID: DENSO

### Highlight on EAP for National Mental Health Awareness Month

DENSO partners with BHS to provide our Employee Assistance Program (EAP). The EAP is free and confidential and is available to all associates and their eligible dependents. Each participant is eligible for 5 no-cost visits per issue ever year. Through the EAP you can:

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

Access your benefits with BHS through the website at [www.behavioralhealthsystems.com](https://www.behavioralhealthsystems.com), scan the QR code on left, or call BHS at 1-800-245-1150.



*GIThrive by Livongo is a digestive health wellness program offered at no cost for DENSO medical plan participants and dependents over age 18.*



## May 29 is World Digestive Health Day

World Digestive Health Day raises awareness of digestive diseases and conditions and highlights the importance of caring for your digestive health. On World Digestive Health Day DENSO reminds you of a valuable digestive health tool available at no cost: GIThrive.

DENSO partners with Livongo to provide a program called **GIThrive** to help address digestive health conditions as part of our wellness benefits. GIThrive can address symptoms like acid reflux, indigestion, bowel regularity, constipation, diarrhea, abdominal pain, and incontinence.

You do not need a doctor's referral or diagnosed condition to participate. Join at [GIThrive.com/DENSO](https://GIThrive.com/DENSO), call at 1-833-336-9488, or follow the QR code.



*Empower administers the DENSO Retirement Savings Plan.*



## Financial Success Workshops

Empower Retirement hosts several virtual financial workshops throughout the year. Topics range from healthy financial habits to college savings plans to retirement readiness. Review the flyers for these workshops at [DENSOBenefits.com](https://DENSOBenefits.com). Below is a schedule of upcoming workshops. All workshops are at 11AM PT / 2PM ET.

Date/Time	Topic
June 21	Investment Insights
July 18	Retirement Readiness
August 22	Retirement Readiness

Additionally, you may receive a postcard from Empower to remind you about DENSO's company match. A copy of the postcard is saved on [DENSOBenefits.com](https://DENSOBenefits.com).

For questions about your retirement savings account, go to [empowermyretirement.com](https://empowermyretirement.com) or call 1-888-411-4015.



## On the Road: Helpful Reminders and Tips

- The 2023 Healthy Horizons program booklet is available at [DENSOBenefits.com](https://DENSOBenefits.com). Speak with your health coach for more details or personal goal setting.
- Deadline to complete Member Health Assessment (MHA) and bio-screens for 2024 preferred premiums is 11/30/2023.