

# 2021 Healthy Horizons Program



As a DENSO associate, you have access to Healthy Horizons, a program that offers the tools and individual support to help you make continuous improvements toward your overall wellbeing. This year's Healthy Horizons program theme, "Navigate your Health", encourages you to think about your journey and the steps you want to take to achieve your health goals.

## Getting Started

Visit [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com)

### Returning Users

- Click **Login Here**.
- If you were part of our program in 2020, your existing account access remains the same. Trouble logging in? Click the "Contact" link.

### New Users

- If you are new to the program in 2021, click **Activate Your Account**.
- Enter your last name, date of birth and the last 4 digits of your social security number to complete your registration.
- Create a **Username** and **Password**.

## Program Overview

The Member Health Assessment (MHA) and Biometric Screening remain key components of the program. Knowing your current health status helps you choose goals that will have the most benefit.

1. Complete your **Member Health Assessment (MHA)** using one of the following options:
  - Login to [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com)
  - In-person with a health coach
  - Contact DENSO's wellness vendor, Health by Design (HbD) by phone at 866-996-2155
2. Complete your Biometric Screening, (see details on right).
3. Set your **Personal Goals**. Decide what you want to improve and work with your coach to help you reach them.



## How to Qualify for 2022 Preferred Premiums

Refer to the information below on how to qualify for Preferred Premiums in 2022.

Associate Hire Dates	Complete BOTH Screening and MHA
Hired on or before 9/30/2021	<b>11/30/2021</b>
Hired on or after 10/1/2021	N/A: Automatically Qualified

Onsite screening events will not be offered at DENSO locations in 2021.

To complete your screening this year, choose one of the following options:

- **Visit your on-site DENSO Family Health Center (DFHC)** - If available at your affiliate, you may visit the DFHC and have your screening performed there. Associates do not need to be covered by a DENSO medical plan to get a screening at a DFHC.
  - **Visit your Primary Care Physician (PCP)** - Your PCP may submit your physical results on a **Physician Form**. Prior to your appointment, be sure to download the form by logging in to your account at [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com) or visit [DENSOBenefits.com](https://DENSOBenefits.com) (under Well-being & Other Benefits => Healthy Horizons).
- Important Note: Be sure to contact your PCP office to schedule your physical exam as early as possible this year. This may help to reduce delays with getting a timely appointment.**
- **Visit a LabCorp** - If available in your area, you may visit a LabCorp facility. Obtain authorization in advance by email using the "Contact" link on HbD's website, or by calling 866-996-2155. Note: If not collected at your lab visit, you must self-report your height, weight, waist, and blood pressure to HbD. **Lab vouchers must be requested no later than 11/16/21 to meet the 11/30/21 deadline.**

# Your Journey. Your Way.

## Program Support and Activities

There are a variety of resources available to help support your wellness goals. By participating in Healthy Horizons, you have access to the following:

- **On-site, face-to-face coaching**  
Short, informative health coaching at your work site. Coaches will help you with your personal health goals during regular visits to your work site (phone coaching available for off-site associates).
- **Practical information and online portal**  
Health tips and information available at your work site and online at **DENSOHealthyHorizons.com**.
- **Local health challenges and events**  
Keep an eye out for Healthy Horizons challenges and events at your work site.



### Your information is Protected

All health information and interactions or conversations with a health coach are confidential and in compliance with the Health Insurance Portability and Accountability Act (HIPAA). Your personal health information is never shared without your consent.

HbD is a third-party vendor and not associated with DENSO. Information collected by HbD is stored securely. DENSO will only receive group data and incentive eligibility data. Neither DENSO nor your health plan will receive any personal information without your consent.

## Frequently Asked Questions

### What are HbD's hours?

Main office hours: 8 a.m.–5 p.m. EST, Mon.–Fri. HbD has a dedicated DENSO call back line at 866-996-2155. Calls will be answered when an attendant is available, otherwise please leave a message and return phone number. All calls will be returned within one business day.

### What if I don't have computer access?

You can still participate by speaking with a coach when they visit your work site. You may also complete your MHA with a coach, or by calling HbD. For further assistance, contact your affiliate's HR/Benefits Department.

### How do I contact my coach?

You can connect with your health coach during their regular visits to your work site. If you want to connect with a coach via email, simply use the "contact us" link on the **DENSOHealthyHorizons.com** home page (upper left-hand corner) and your message will be forwarded to your health coach.

### What if I miss my appointment with my health coach?

You can use the "contact" link on HbD's website to send a secure message and request to reschedule your appointment during your coach's next work site visit.

### What if I don't want to participate?

Participation in the program is voluntary. Yet, associates who choose to participate will have the tools to help improve their overall health and the opportunity to earn 2022 Preferred Premiums.

### What if I still have questions?

- Ask a health coach when they visit your workplace.
- Send a secure message via the "contact" link (upper left corner) of the web portal.
- Call HbD at 866-996-2155.

### For more program information:

- Visit **DENSOHealthyHorizons.com**
- Speak with a health coach
- Call HbD at 866-996-2155

