








High Blood Pressure?
Back Pain? Stress? Diabetes?
Digestion Problems?

**Whatever You're Dealing With...
DENSO Benefits Can Help**

Learn More About Your Options at
www.densobenefits.com



Wellness Programs Overview

Program	Description	Eligibility / Cost	Vendor
Healthy Horizons	Confidential, individualized coaching, education and tools to help you make continuous improvements to your health.	All Regular Full-Time and Part-Time Associates.	 HealthbyDesign Website: densohealthyhorizons.com Phone: 866-996-2155
Employee Assistance Program (EAP)	Confidential advice/support for a variety of life situations. Counseling services for behavioral health needs, including substance abuse. Offers up to five (5) visits per unique issue each calendar year through BHS network.	Available at no cost to you and your eligible dependents.	 Website: behavioralhealthsystems.com/ Phone: 800-245-1150 to speak with a DENSO Care Coordinator <i>Note: Preauthorization may be required. Contact BHS first for referral and information.</i>
Behavioral Health	Coordinates with EAP benefits to provide inpatient and outpatient care for mental health and substance abuse treatment.	Available to you and your dependents enrolled in a DENSO medical plan. Cost share is based on medical plan option.	 Website: Go.Livongo.com/DENSO/register Phone: 800-945-4355 Registration code: DENSO
Diabetes Management	Personalized education and support for managing diabetes; includes a connected glucose meter and testing supplies, mobile app access and coaching.	Available at no cost to you and your 18+ dependents enrolled in a DENSO medical plan with a diabetes diagnosis.	 Website: hingehealth.com/DENSO Phone: 855-902-2777
Hypertension Management	Personalized education and support for managing hypertension (high blood pressure); includes a connected blood pressure monitor, mobile app access and coaching.	Available at no cost to you and your dependents (age 18+) enrolled in a DENSO medical plan with a hypertension diagnosis.	 Website: welcome.mygithrive.com/denso/ Phone: (833) 336-9488 Registration code: DENSO
Musculoskeletal (MSK)	Virtual education and support for managing joint and back pain; includes wearable sensors with live feedback in the app, personalized exercise therapy and coaching.	Available at no cost to you and your dependents (age 18+) enrolled in a DENSO medical plan.	
Digestive Health	Includes support from an expert care team, personalized education and action plan, digestive health tools and mobile app access.	Available at no cost to you and your dependents (age 18+) enrolled in a DENSO medical plan.	