

# 2022 Healthy Horizons Program



As a DENSO associate, you have access to the **Healthy Horizons (HH)** wellness program. It offers tools and individual support to help you make continuous improvements toward your overall wellbeing. The 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 2021 program, your account access remains the same. Trouble logging in? Click the "Contact" link.

### New Users

- If you are new to the program, 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 are a central part of the program. Knowing your current health status helps you choose the right goals.

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.
  - Call DENSO's wellness vendor, Health by Design (HbD), 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.

## Deadline for 2023 Healthy Horizons Original Premiums is 11/30/22

Qualify for HH premiums based on your hire date.

Associate Hire Dates	Complete BOTH Screening and MHA
Hired on or before 9/30/22	11/30/22
Hired on or after 10/1/22	N/A: Automatically Qualified

Onsite screening events will not be offered at DENSO locations in 2022.

Complete your screening by visiting a:

- **DENSO Family Health Center (DFHC)** - If available at your affiliate, schedule your screening at the DFHC. Associates do not need to be covered by a DENSO medical plan to get a DFHC screening. Be sure to tell the DFHC you want a Healthy Horizons screening when you make your appointment.
- **Primary Care Physician (PCP)** – You or your PCP must 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) (go to *Well-being & Other Benefits*>*Healthy Horizons* page).

### Important Notes

- **Contact your PCP office early to schedule your physical exam.**
- **It is your responsibility to confirm that HbD receives your screening form.**
- **LabCorp** - A LabCorp facility may be available in your area. Request a lab requisition in advance by email using the "Contact" link at [DENSOHealthyHorizons.com](https://DENSOHealthyHorizons.com) (upper left-hand corner on home page) 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. **Request a lab requisition form no later than 11/23/22 to meet the 11/30/22 deadline.**

## Program Support and Activities

There are resources available to support your wellness goals. Access to the following resources and activities by participating in:

- **On-site, Face-to-Face Coaching**  
Short, informative health coaching. 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, interactions and conversations shared 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 that operates independently from DENSO. Information collected by HbD is stored securely. DENSO will only receive group data and incentive eligibility data. Neither DENSO nor your health plan receive any 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 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](https://www.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 at [DENSOHealthyHorizons.com](https://www.densohealthyhorizons.com) to send a secure message and request to reschedule your appointment during your coach's next visit.

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

Participation in the program is voluntary. Yet, associates who choose to participate receive helpful health improvement tools and the opportunity to **reduce their 2023 premiums**.

### What if I still have questions?

- Ask an HbD health coach.
- 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](https://www.densohealthyhorizons.com)
- Speak with a health coach
- Call HbD at 866-996-2155