

2023 Healthy Horizons Program



DENSO provides you with Healthy Horizons, an award-winning program that provides individual support to help you make continuous improvements toward your overall wellbeing. The program is administered by HBD International (HBD), whose on-site health coaches deliver personal attention and encouragement. This year's program theme, "Under the Hood", can help you understand how the health choices you make on the outside affect your body and mind on the inside.

Getting Started

Visit DENSOHealthyHorizons.com

Returning Users

- If you were part of our program last year, your existing account remains the same.
- Click **Login Here**.
- Trouble logging in? Click the "Contact Us" link for assistance.

New Users

- If you are new to the program in 2023, click **Activate Your Account**.
- Enter your last name and date of birth and the last 4 digits of your social to complete your registration.
- Create your **Password** and then log in.

Program Overview

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

1. Complete your **Member Health Assessment (MHA)** using one of the following options:
 - Log in to DENSOHealthyHorizons.com
 - In-person with a health coach
 - Contact HBD by phone at 866-996-2155
2. Complete your Biometric Screening or annual physical, if applicable (see details on right).
3. Set your **Personal Goals**. You decide what you want to improve, and work with your coach to reach your goals.



How to Qualify for 2024 Preferred Premiums

Refer to the information below on how to qualify for Preferred Premiums in 2024.

Associate Hire Dates	Complete BOTH Screening and MHA
Hired on or before 9/30/2023	11/30/2023
Hired on or after 10/1/2023	Automatically qualified

Below are the three options available this year to complete your screening:

- **Visit your onsite DENSO Family Health Center (DFHC)** - If available at your affiliate, you may visit the DFHC and have your screening performed there.
- **Visit your physician** - Your physician may submit your physical results on a **Physician Form**. Prior to your appointment, be sure to download the form from HBD's web portal or use the "Contact Us" link on the website to request a Physician Form. Please remember it is your responsibility to make sure your Physician Form is submitted and received by HBD.
- **Visit LabCorp** - If available in your area, you may complete your screening for no cost at LabCorp. **You must** contact HBD before you visit LabCorp to obtain an authorization form. Use the "Contact Us" link on HBD's portal or email HBD at contactus@hbdinternational.com

Note: Onsite Biometric Screening events will not be offered at DENSO locations.



Your Journey. Your Way.

Program Support and Activities

There are a variety of resources available to help support your wellbeing 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: 8am - 5pm Eastern, M-F. HBD has a dedicated DENSO Call Back Line. Calls will be answered when an attendant is available, otherwise please leave a message and return phone number. All calls will be returned within 1 business day.

What if I don't have computer access?

You can still participate by speaking with a coach when they visit you at work. 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 and your message will be forwarded to your coach.

What if I miss my appointment with my health coach?

You can use the "contact" link on HBD's website to send a 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 2024 Preferred Premiums.

What if I still have questions?

- Ask a coach when they visit your workplace
- Send a 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

