



Live your healthiest life.  
These resources can help.

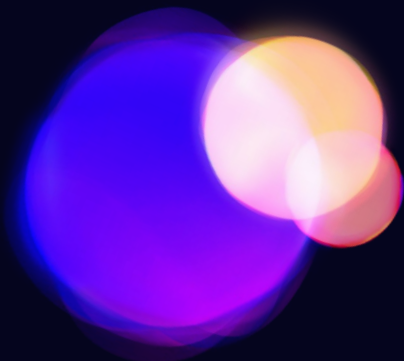


**dentsu**



**BenefitsPlus**

Healthy · Resilient · Prepared · Balanced



Staying healthy is easier with the support and resources available through your benefits.

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For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).

Want to connect with someone who can help answer your questions?  
Call the BenefitsPlus Solution Center at **1-855-326-7870**.

Have questions about your medical plan coverage?  
Call UnitedHealthcare at **1-800-765-6717**.

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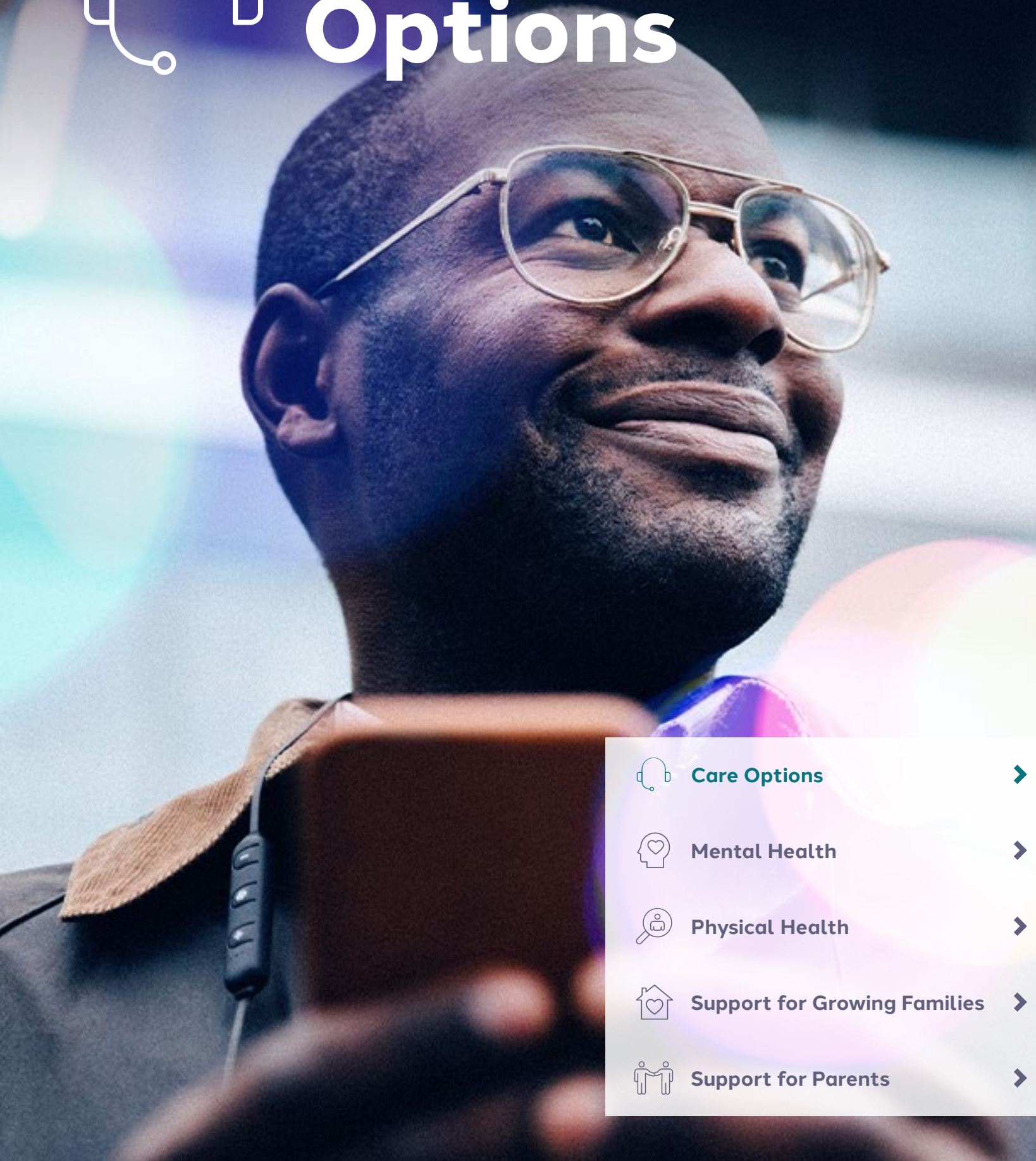


Click the above for more information.





# Care Options



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## Want care without leaving home?

### Virtual Visits

Available to UnitedHealthcare members

See and talk to a doctor via your computer, tablet or mobile phone anytime without an appointment. It's a convenient way to get care when your doctor isn't available, when you're traveling or when you need care after hours for symptoms associated with:

- Allergies
- Migraines
- Rashes
- Pink eye
- Sinus problems
- Urinary tract infections
- Mental health concerns, and more

Most visits take just 10–15 minutes. There's no copayment if you're enrolled in the Enhanced or Standard Health Plan. If you're enrolled in a High Deductible Health Plan, the cost is \$50 and you can use your health savings account (HSA) to pay.

[myuhc.com](https://myuhc.com)<sup>®</sup>  
UnitedHealthcare<sup>®</sup> app

## Need help finding a network doctor or specialist?

Available to UnitedHealthcare members

Log in to [myuhc.com](https://myuhc.com) or use the UnitedHealthcare app to search for network providers near you. You can estimate the cost for care, manage your claims and more.

You can also contact Brent Brooks, our Alight Health Pro, who can help you navigate these processes at no cost. Contact him for support at **1-855-326-7870** or at [brent.brooks@alight.com](mailto:brent.brooks@alight.com).

## Need a second opinion?

### 2nd.MD

Available to UnitedHealthcare members

Connect with board-certified expert doctors who specialize in your condition for a 20- to 30-minute consultation via phone or video. 2nd.MD can support you with a new or existing diagnosis and help you navigate treatment plans, surgery and medications.

**2nd.MD/dentsu**  
**1-866-269-3534**  
**2nd.MD app**

## Want faster, easier-to-access primary care?

### One Medical

Available to all dentsu employees

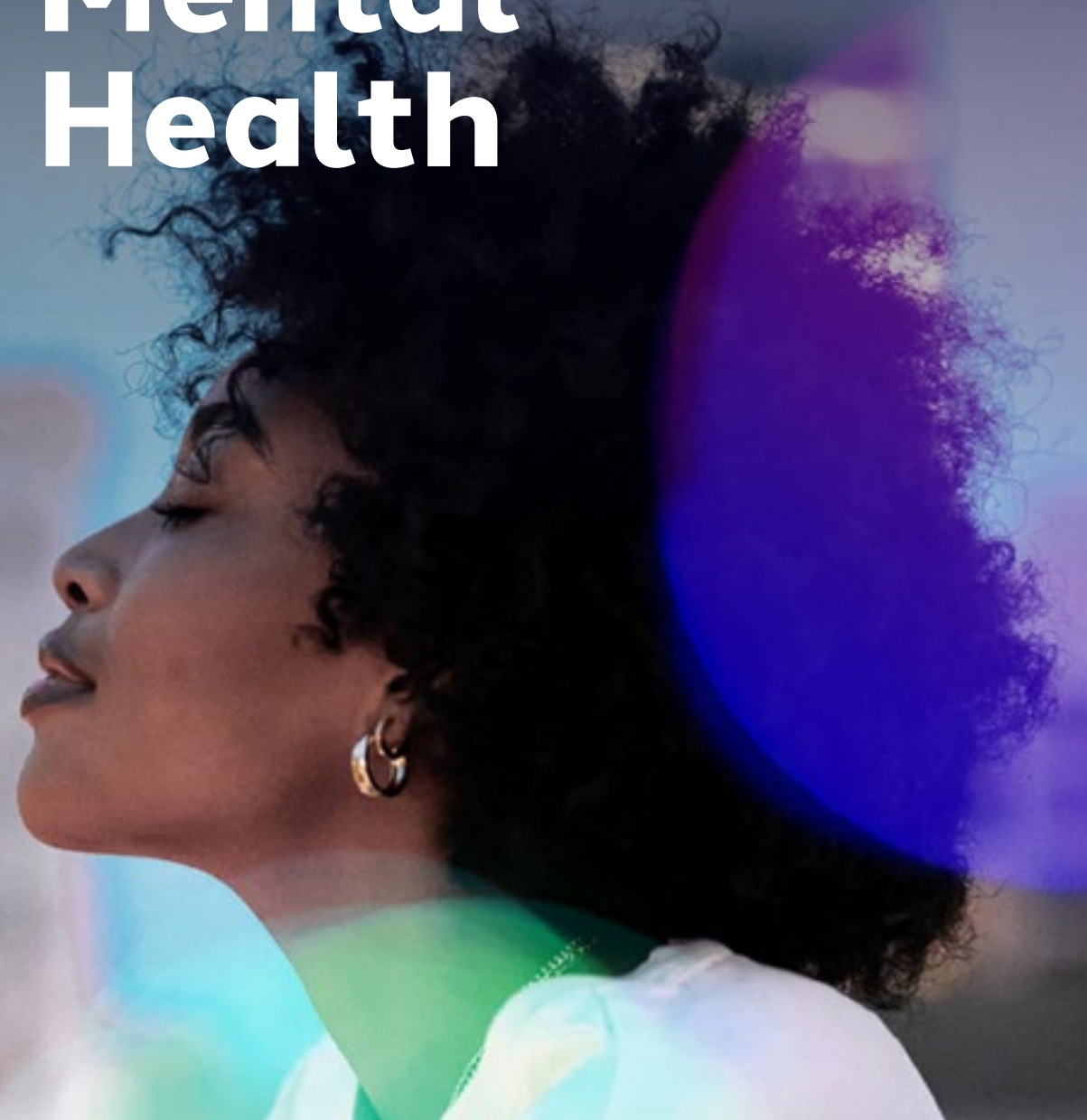
If you live in Boston, Chicago, Los Angeles, New York or San Francisco, get high-quality and quick care at a One Medical clinic. From same-day appointments that start on time, to compassionate providers who listen, to 24/7 video visits, One Medical makes it faster, easier and more enjoyable to get care — whenever and wherever you need it.






**1-855-554-5505**  
**One Medical app, code DNTONE**

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).  
To speak with a UnitedHealthcare Benefits Specialist, call **1-800-765-6717**.



# Mental Health



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## Need stress reduction tools?

### Sanvello

Available to all dentsu employees

Dial down the symptoms of stress, anxiety and depression with Sanvello, an app that uses clinical techniques to help you stay connected, with daily mood tracking, coping tools and community support. Sanvello Premium is FREE for all dentsu employees. Visit [sanvello-web.app.link/e/dentsu](https://sanvello-web.app.link/e/dentsu) and register with code **dentsu**.

Download Sanvello from the App Store or Google Play. Have questions? Email [info@sanvello.com](mailto:info@sanvello.com).

## Need short-term support?

### CCA@YourService Work/Life Assistance Program

Available to all dentsu employees

CCA@YourService is a confidential and free service that gives you the support you need to help manage whatever life throws your way. You have access to resources that can help you with:

- Improving work/life balance
- Family and caregiving matters
- Legal or financial concerns, and more

Weekly support is available with 12 hours of dedicated coaching for dentsu employees per week. To learn more, visit our [virtual coaching page](#).

For 24/7 support, call **1-800-833-8707** or visit [myccaonline.com](https://myccaonline.com) using company code **dentsu**.

## Need long-term support?

### Talkspace

A network provider for those enrolled in a UnitedHealthcare medical plan

Regularly communicate with a licensed therapist via text or live video from your phone or desktop. There's no office visit required, and you can start therapy within hours of choosing your therapist. It's secure and confidential. Visit [talkspace.com/connect](https://talkspace.com/connect) to learn more, sign up with insurance and download the app.

### Behavioral Health Support

Available to UnitedHealthcare members

Your behavioral health benefit gives you access to licensed mental health professionals through both in-person and virtual care. You'll be connected with the appropriate resource for concerns such as alcohol and drug use recovery, depression, anxiety, stress, coping with grief or loss, relationship difficulties, compulsive habits and more.

Call **1-800-765-6717** or visit [liveandworkwell.com](https://liveandworkwell.com).

## Need to know where to start?

### Mindset by One Medical

Available to all dentsu employees

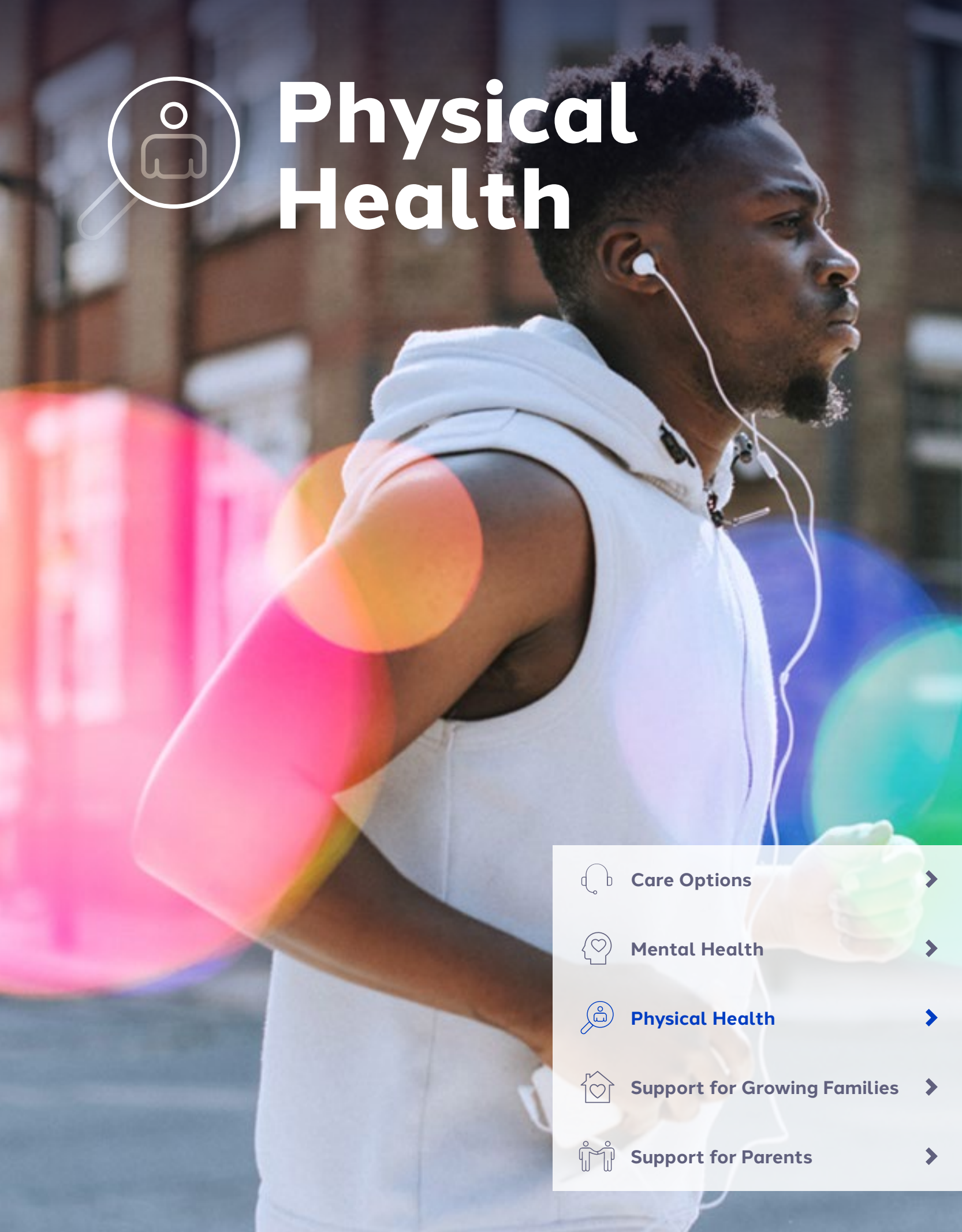
Access a suite of mental health services to help you feel your best emotionally through Mindset by One Medical. This includes enhanced support through Primary Care, Mindful Break video sessions and Shift, an in-person or virtual stress and anxiety management program.

Call **1-855-554-5505** or download the **One Medical app**, code **DNTONE**.

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).  
To speak with a UnitedHealthcare Benefits Specialist, call **1-800-765-6717**.



# Physical Health



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## LulaFit

Available to all dentsu employees

Access a virtual wellness platform for a mix of daily livestreamed workouts, a curated library of lifestyle guides and on-demand activities.

To register, visit [app.lulafit.com](https://app.lulafit.com) and use the activation code **dentsu**.

## ClassPass

Available to all dentsu employees

Instead of joining one gym, you now have the option to try 20,000 gyms around the world. **You can even access a gym's digital library and stream workouts right from the comfort of your home!**

With a dentsu-sponsored membership, you'll receive a monthly discount.

Visit [classpass.com/corporate](https://classpass.com/corporate) and register a new account with your work email address. Get the ClassPass app from the App Store or Google Play.

## Rally®

Available to UnitedHealthcare members

Get moving more, eating better and feeling great with the Rally website or app. Start with a quick Health Survey and get personalized recommendations. Visit [myuhc.com](https://myuhc.com), then sign in and click on any Rally link.

## Real Appeal

Available to UnitedHealthcare members

Lose weight and keep it off with Real Appeal, an online weight loss program. Work with a Transformation Coach who leads weekly group sessions on nutrition, exercise and how to break through barriers. You'll also receive a Success Kit with recipes, food and body scales, and more.

Visit [realappeal.com](https://realappeal.com) to learn more.

## Disease Management Program

Available to UnitedHealthcare members

If you're managing an ongoing health condition like diabetes, COPD, asthma or heart disease, get personal support from a specially trained registered nurse who can help you manage your condition, understand your treatment options and explore self-care tips.

## Cancer Support Program

Available to UnitedHealthcare members

If you or a covered dependent has been diagnosed with cancer, get support from an experienced cancer nurse. Your nurse will talk you through the emotional challenges of your health journey, answer your questions and guide you to a quality doctor.

## Spine and Joint Solution

Available to UnitedHealthcare members

Dealing with back or other joint pain and considering surgery? Connect with Spine and Joint Solution to explore your treatment options, decide where to go, understand costs, and identify possible ways to save money and shorten your recovery time.

**To enroll in Real Appeal, Disease Management, Cancer Support, or Spine and Joint Solution, call 1-800-765-6717.**

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).  
To speak with a UnitedHealthcare Benefits Specialist, call **1-800-765-6717**.



# Support for Growing Families

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## Maternity Support Program

Available to UnitedHealthcare members

When you enroll, you'll work with a maternity nurse who will support you from preconception through the first few weeks of your baby's life. Your nurse will help you anticipate your body's changes, help you make healthy choices for yourself and baby, and prepare you for the big day. You'll also earn a \$200 American Express gift card when you enroll by your 16th week of pregnancy and complete the program.

## Fertility Solutions

Available to UnitedHealthcare members

Infertility challenges can bring feelings of frustration, confusion and isolation. Don't go it alone. Enroll in Fertility Solutions and get support from an experienced fertility nurse who can help answer your questions and explore treatment options. Learn how to navigate the health care system, find fertility specialists in the Centers of Excellence network and get the most out of your benefits. Once enrolled in Fertility Solutions, you also have coverage for five years of egg preservation.

## Neonatal Resource Services

Available to UnitedHealthcare members

If your baby needs to spend time in the NICU, a nurse will work with the hospital to ensure your baby gets the right care, help you get ready for life at home and help you understand your benefits.

**To enroll in Fertility Solutions, the Maternity Support Program or Neonatal Resource Services, call 1-800-765-6717.**

## Maven

Available to all dentsu employees

Get access to adoption and surrogacy reimbursements, virtual care for adoption or surrogacy, 24/7 support from specialists and more with Maven. Access to Maven is available at no cost through the BenefitsPlus program. To learn more and get started, visit [mavenclinic.com/register](https://mavenclinic.com/register).

## Alight Health Pro

Available to all dentsu employees

Not sure how to enroll your family in coverage, or do you have questions about plan details or how to find a pediatrician? Brent Brooks, our Alight Health Pro, can help you navigate these processes at no cost. Contact him for support at **1-855-326-7870** or at [brent.brooks@alight.com](mailto:brent.brooks@alight.com).

> In addition to these programs, we offer 16 weeks of paid parental leave for birth, adoption or foster placement. For more information, call Lincoln Financial Group at 1-800-523-0428.

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).  
To speak with a UnitedHealthcare Benefits Specialist, call **1-800-765-6717**.



# Support for Parents



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## Rethink

Available to all dentsu employees

Rethink gives your family 24/7 access to tools and resources designed to help you and your care team in understanding, teaching and better communicating with your child. Rethink specializes in helping care for children with learning, social or behavioral challenges.

When you join, you get instant access to:

- Ongoing consultations with a dedicated behavior expert to address your specific challenges.
- The Rethink website and app with how-to videos and resources to teach crucial skills.
- Exclusive content developed to assist your child with socialization, self-help, academics and more.

Visit [dentsu.rethinkbenefits.com](https://dentsu.rethinkbenefits.com). Use code **dentsu** to enroll. You can also text RETHINK to 797979.

## CCA@YourService

Available to all dentsu employees

Life's busy. Let this 24/7 service free up your time by helping with things such as finding child care, navigating the adoption process, locating parent-child communication resources and finding K-12 education support.

Call **1-800-833-8707** or visit [myccaonline.com](https://myccaonline.com), using company code **dentsu**.

## Bright Horizons Care Advantage

Available to all dentsu employees

Find backup care, get exclusive tuition discounts and access up to 25 days of backup child care each year. During your child's first 12 months, you get 10 extra days with the Infant Transition Program.

Additional enhanced family support is also available to registered members, with access to educational caregivers through Sittercity, a 20% discount on tutoring with trusted partners (Varsity Tutors, Revolution Prep and MarcoPolo), and a partnership with KinderCare to provide your family with access to additional center-based care.

For more information, call **1-877-242-2737** or visit [clients.brighthouse.com/dentsu](https://clients.brighthouse.com/dentsu). To register as a first-time user, enter **dentsu** for the employer username and **benefits4you** for the employer password.

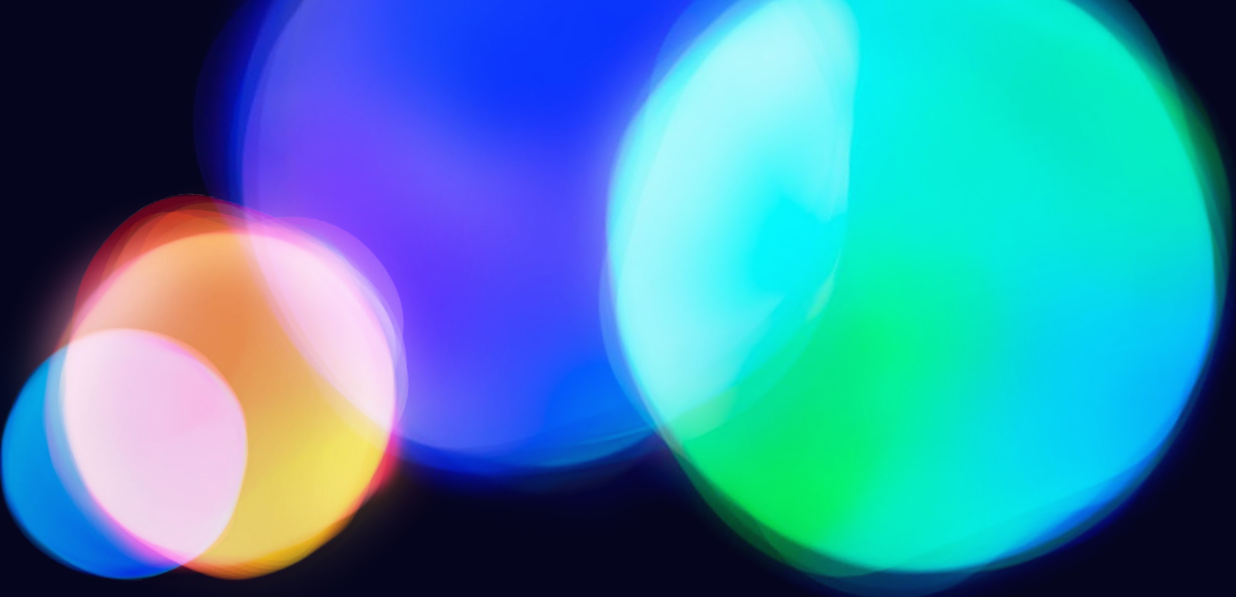
## Milk Stork

Available to all dentsu employees

Traveling for business while you're nursing? Safely send your breast milk home for free. Simply pump according to your regular schedule, pack it in your Milk Stork cooler and mail using your FedEx Priority Overnight label.

For more information, visit [milkstork.com/dentsu](https://milkstork.com/dentsu).

For comprehensive benefits information, visit [dentsubenefitsplus.com](https://dentsubenefitsplus.com).  
To speak with a UnitedHealthcare Benefits Specialist, call **1-800-765-6717**.



**Some websites are optimized for specific browsers. If you are experiencing difficulty opening a website, try using a different browser (e.g., Google Chrome, Safari, Microsoft Edge, etc.).**

These services are for general informational purposes only and are not intended to be medical advice or a substitute for professional health care. You should consult an appropriate health care professional for your specific needs. Please refer to your benefit plan documents for information about coverage.

Virtual Visits are not an insurance product, health care provider or a health plan. Unless otherwise required, benefits are available only when services are delivered through a Designated Virtual Network Provider. Virtual Visits are not intended to address emergency or life-threatening medical conditions and should not be used in those circumstances. Services may not be available at all times or in all locations. Certain prescriptions may not be available, and other restrictions may apply. Data rates may apply. The Designated Virtual Visit Provider's reduced rate for a Virtual Visit is subject to change at any time.

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