

Are you a new hire? Remember, you have 30 days to sign up for benefits.



**Wellness
Wednesdays**

For questions about your benefits, please email: benefits@wakendall.com

Colorectal Cancer: Why screening is so important

Did you know that colon cancer is the second leading cause of cancer in the U.S.? The good news is that it's also the number one most preventable cancer. This means getting a colorectal screening may save your life.

Now is the time if you are over the age of 45 or high-risk. Some factors may include:

- Personal or family history
- Inflammatory bowel diseases or genetic syndromes
- Lifestyle choices like drug and/or alcohol use, smoking, unhealthy diet

Here are some questions to ask your primary care provider:

- When should I get my first colon cancer screening?
- Can you tell me what to expect with a colonoscopy? What is the preparation like? Does somebody have to come with me to the appointment?
- If I don't have someone or have a problem with transportation, is that something you can help with?

Find more information and resources here:

[Anthem Cancer Care Navigator](#)

[Screening for Colorectal Cancer](#) | [Colorectal Cancer](#) | [CDC](#).

Your New Benefits Site is Live!

We are committed to giving you competitive options to improve your health and wellness. Explore this link (<https://xkig.hrbenefits.net/>) to find your benefits guide and information on the employee assistance program (EAP), 401(k) retirement plan, life insurance, and so much more.

Benefits 101: What's the difference between a primary and secondary beneficiary?

A primary beneficiary is just what it sounds like. This is the first person to receive your benefits should you pass away. A secondary beneficiary comes second, should the primary beneficiary also pass away. Make sure to designate beneficiaries and keep them up to date. This will help your loved ones avoid unnecessary legal issues in the future. To learn more about beneficiaries, click [here](#)

John Hancock 401(k): Have you named your beneficiaries?

If you're enrolled in our 401(K) retirement plan with John Hancock, make sure you have designated someone as your [beneficiary](#). Follow these steps:

- Log on or register with myplan.johnhancock.com
- Click on My Profile and follow the drop-down screen to Update My Beneficiary Info
- Fill in your primary and secondary beneficiary information

Boosting Your Benefits

Keep Track of Health Records All in One Place with Sydney App

Anthem members, do you have trouble keeping track of your health history and medical records? There's now one place where you can store everyone's important health information: Anthem's Sydney app or online at anthem.com. Don't worry, all your health data is kept private and secure with Anthem. For more information, click [here](#).

National Parks Walking Challenge Winners!



Thank you to everyone who participated in our first-ever walking challenge! This challenge focused on the national parks as your backdrop. We had a lot of great competition between 10 participants. The first, second, and third-place winners are as follows:

1st Place - each participant earned a \$50 gift card!

DOT Fleet HR

Casey Langston, Nick Oney, Erin Pape, and Emily Cline

2nd Place - each participant earned a \$40 gift card!

Thunder and Lightning

Kameraan Johnson, Ashley Powell, Victoria Phelps, Tanish Everson, and Jenna Jones

3rd Place - each participant earned a \$30 gift card!

Team Finance!

Cameron Thompson, Danielle Cody, Jessica Mora, and Michael Hyatt

We will have another challenge soon and encourage you to participate to stay active, engaged, and possibly win prizes!

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