

Are you a new hire? Remember, you have 30 days to sign up for benefits. Visit our Benefits site for more information about all things benefits related! xkig.hrbenefits.net



**Wellness
Wednesdays**

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

UV Safety Awareness Month

It's UV Safety Awareness Month, which means it's the perfect time to talk about sun protection. Your UV exposure adds up over time, and can take a real toll on your skin, your eyes (see our article below), and your energy. Remember to practice safe sun exposure all year by following these simple steps:

- Apply 15+ SPF sunscreen daily
- Seek shade when needed/available
- Wear UV-protective clothing, hat, and sunglasses

Here are more tips for you and your loved ones: [Sun Safety Facts | Skin Cancer | CDC](#)

5 Smart Ways to Protect Your Eyes from the Sun

Summer is in full speed—and while we're all ready to soak up the sunshine, it's important to remember that our eyes need protection just as much as our skin.

Did you know that ultraviolet (UV) rays can cause serious eye conditions like cataracts, photokeratitis (sunburn of the cornea), and even skin cancer around the eyes? According to research, 80% of our lifetime UV exposure happens before age 18, making sun safety especially important for children.

To help you and your family enjoy a safe and sunny season, here are 5 essential tips to protect your eyes from the sun:

1. Know When the Sun Is Strongest

UV exposure peaks in the morning and mid-afternoon, not just at noon. Be extra cautious during these times, even in cooler months.

2. Wear the Right Lenses

Choose high-quality sunglasses with full UVA and UVB protection to reduce glare and shield your eyes from harmful rays.

3. Choose Protective Frames

Look for wraparound or close-fitting frames that block sunlight from sneaking in from the sides, top, and bottom.

4. Double Up with a Hat

A wide-brimmed hat combined with sunglasses offers the best defense—especially against UV rays reflected off surfaces like water, sand, and pavement.

5. Consider UV-Blocking Contact Lenses

If you wear contacts, ask your eye doctor about Class I UV-blocking lenses for added protection.

For more details and helpful insights, check out the attached flyer: “[An Eye on Your Health: Sun Protection.](#)” Spanish version [here](#).

Boosting Your Benefits

Aspire365 is a Mental Health Service available to all who have our Anthem Insurance!

The Aspire365 program delivers mental health and substance use disorder treatment to patients in their homes over a 12-month period. Some fast facts:

- Serves adults and adolescents ages 12+
- Long-term primary mental health, substance use, and co-occurring disorder treatment
- Quick access to providers
- Flexible services delivered in coordination with your schedule
- In-person & telehealth sessions
- Treatment plans tailored to fit individual and family needs
- Multidisciplinary team approach – includes multiple visits for only 1 copayment/month for those on our 2000 and 5000 plans, payment plans available for those on our 6500 HSA plan

Learn more [here](#).

Enhance Your Kids' Lives with an EAP

Did you know your Employee Assistance Program (EAP) can help you and your kids? Your EAP offers a wide range of no-cost support services and resources, including:

- Counseling
- Legal consultation
- Dependent care and daily living resources
- And more!

The Anthem EAP is available 24/7, 365 days a year. Call 1-800-999-7222 or visit www.anthemEAP.com, company code: TREE.

The Lincoln Financial EAP is available 24/7, 365 days a year. Call 888-628-4824 or visit GuidanceResources.com, username: LFGSupport password: LFGSupport1.

Learn more here: [Employee Assistance Program – XKIG](#)

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