

**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](http://xkig.hrbenefits.net)**



**Wellness  
Wednesdays**

For questions about your benefits, please email: [benefits@wakendall.com](mailto:benefits@wakendall.com)

## Preventing Tick Bites

Ticks live in grassy, brushy, or wooded areas and are an inevitable part of the job. Here are some prevention tips to help keep them from becoming a hazard:

- Tick exposure can occur year-round, but ticks are most active during warmer months (April-September).
- Treat clothing and gear with products containing 0.5% permethrin.
- Use Environmental Protection Agency (EPA)-registered insect repellents containing DEET, picaridin, IR3535, Oil of Lemon Eucalyptus (OLE), para-menthane-diol (PMD), or 2-undecanone.
- Apply sunscreen first and insect repellent second.

Reducing exposure to ticks is the best defense against tickborne diseases. Read more prevention tips here: [Preventing Tick Bites](#) | [Ticks](#) | [CDC](#)

## National Immunization Awareness Month

Getting vaccinated is one of the best ways to protect yourself and your loved ones from serious illnesses. If you have kids or other family members returning to school, remember to consider certain immunizations. Review simple immunization schedules by age group to see which vaccines are recommended for each family member: [Vaccine Schedules For You and Your Family](#) | [Vaccines & Immunizations](#) | [CDC](#)

## Physician Family Day is August 30

Do you have a personal healthcare champion, also called a Primary Care Physician (or PCP)? If not, now is a great time to find one. Having a regular doctor helps you reach your health goals and stay on top of preventive care and screenings. Your PCP will get to know you best and act as your healthcare champion. Learn more [here](#). Spanish version is [here](#).

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# Boosting Your Benefits

## Check out Our Benefit Resource Center

We have a wonderful benefits team that can assist you with understanding your benefits and if any questions come up. But if you have a claims issue or question about the denial of coverage, we partner with USI to help assist you. USI has a Benefit Resource Center that can help talk through your issues with claims and coverage to help resolve them. Click [here](#) to learn more.

## Anthem Members, You May Have Rewards!

Did you know you may have unclaimed rewards with Anthem? Anthem keeps track of what preventative health measures you and your family are taking, along with condition management. Whether that's going to your annual wellness visit or walking a certain number of steps with your family, you can receive rewards that can later be redeemed for all kinds of gift cards. Click [here](#) for more information.

## Use Your EAP If You're Concerned About Substance Use Disorder For Yourself Or Suicide Prevention

September is Suicide Prevention Awareness Month. If you're worried about a loved one or yourself, here are some steps to take:

- If you are in immediate danger, call or text 988.
- Learn the warning signs.
- Normalize seeking help.

There are proven treatments that work. Check out SAMHSA's toolkit [here](#) for more information.

Use your no-cost employee assistance program (EAP) for more help.

Lincoln Financial EmployeeConnect EAP offers:

- In-person guidance

- Online resources
- Unlimited 24/7 assistance – online, on the mobile app, or by phone:
- [\(888\) 628-4824](tel:(888)628-4824)
- [GuidanceResources.com](https://GuidanceResources.com)
- Username: LFGSupport  
Password: LFGSupport1

Check out the flyer [here](#). Spanish version [here](#).

**Anthem EAP offers:**

- Counseling
- Legal consultation
- Financial consultation
- ID recovery
- Dependent care and daily living resources
- Crisis consultation
- Contact information is as follows:
- [800-999-7222](tel:800-999-7222)
- [Anthem EAP website](#)

When you call, say you work for **XKIG**.

More information can be found [here](#).

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