

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@wakendall.com

Open enrollment is coming October 20-31!

- Any changes you make will start January 1.
- This is your chance to add, drop, or update coverage without needing a qualifying life event.
- If you don't make changes, your current benefits will automatically carry over into 2026.
- Important: If you're on the Anthem 6500 plan with an HSA, you'll need to choose a new HSA contribution amount for 2026 to keep contributing.
- You will start receiving text messages and emails with more details in the near future.

Prostate Cancer Awareness Month

Did you know that 1 in 8 men will be diagnosed with prostate cancer? Early detection saves lives. Here are some tips:

- Get the prostate specific antigen (PSA) blood test starting at age 40.
- Talk to your doctor about your risk factors and family history.
- If you're a survivor, share your story to inspire others.

Here is more information on prostate cancer screening: [Screening for Prostate Cancer](#) | [Prostate Cancer](#) | [CDC](#).

CDC - PHQ Depression Questionnaire

This October 9 is Depression Screening Awareness Day. Having depression is more than a bad day or the blues. It can interfere with your daily life. Find symptoms and treatment [here](#). Also, here is a depression screening [tool](#).

Telemedicine for Flu Season

We like using software programs to track our fleets and assets. The Centers for Disease Control and Prevention (CDC) uses [FluView Interactive](#), a surveillance system to see where flu can be found this

The good news is that depression is very common and can be managed. Our two EAP options are available 24/7 and can help you with depression, anxiety, or whatever else life throws your way.

Lincoln Financial EmployeeConnect EAP:

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

Anthem EAP:

When you call, say you work for XKIG.

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

season. This is also a good time of year to remember your telemedicine benefit.

Whether you have a cold, you're feeling anxious, or need help managing your medication, you can have face-to-face visits with a board-certified doctor, psychiatrist, or licensed therapist from your smartphone, tablet, or computer. Go to livehealthonline.com or download the free mobile app from the App Store® or Google Play™.

Boosting Your Benefits

Get Ready for a New Team Walking Challenge!

Our next team walking challenge is called Health is Wealth. It will begin November 8 and last for six weeks. Start with 5,000 steps per day and finish strong with 6,000 steps per day. As we gear up for the holidays and a busy time of year, consistency is the best investment!

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