

Are you a new hire? Remember, you have 30 days to sign up for benefits. Visit our Benefits site at xkig.hrbenefits.net



**Wellness
Wednesdays**

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

Have you added a beneficiary to your 401(k) with John Hancock?

Have you elected your beneficiary in your 401(k) plan through John Hancock yet? Please make sure you do so if not! Your beneficiary listed in UKG does NOT carry over to John Hancock. Rather, you need to make the election yourself within their website @ <https://myplan.johnhancock.com>. Log in, go to the bottom right-hand side of your page, find "About Me" and "My Beneficiary" underneath. Click on this and update accordingly. To learn more about what a beneficiary is, click [here](#).

Still Smoking? It's a Great Time to Quit!

This November is Lung Cancer and COPD Awareness Month, highlighting the importance of protecting lung health. To help you be at your best, the Anthem ConditionCare program offers free resources, including:

- 24/7 phone access to nurses who can address your health questions and concerns.
- Support from healthcare professionals to help you reach your health goals.
- Educational guides and useful tools to help you learn more about a certain condition, like COPD.

While we're talking about lung health, if you or someone you care about smokes, think about quitting – even just for one day – on November 20, the Great American Smokeout day. Do whatever it takes on your path toward long-term health. For additional Great American Smokeout resources, including quitting tips and support tools, visit the [American Cancer Society](#). To further support you on your quitting journey, please see the Anthem Wellbeing Solutions tobacco cessation flyer, which outlines coaching, tools, and quit plans available through your benefits. These programs also offer opportunities to earn rewards for participating in healthy actions. See more [here](#).

There's never been a better time to quit smoking!

Understanding Diabetes and Symptoms

Do you or someone you care about have diabetes? Or do you think you might? Being aware early can make a big difference.

Common symptoms include:

- Feeling very thirsty or hungry
- Frequent urination
- Feeling tired
- Blurred vision

National Healthy Skin Month

It's National Healthy Skin Month, a great time to focus on simple habits that promote healthy and protected skin. As your body's largest organ, your skin plays a vital role in your overall well-being. Giving it a little extra care can make a big difference.

Healthy skin tips:

- Wear sunscreen daily
- Stay hydrated

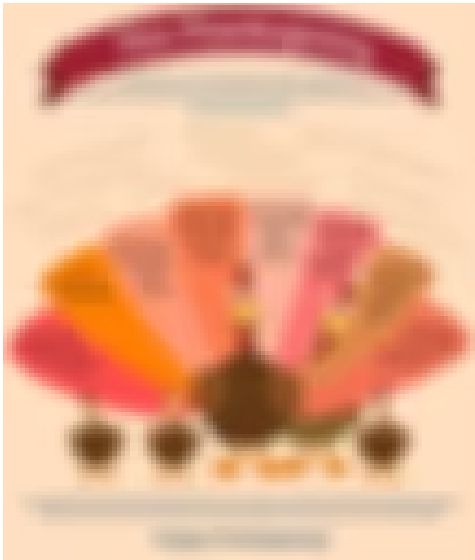
- Slow-healing cuts or frequent infections

Anthem offers the no-cost Lark Diabetes Prevention Program to support digital health coaching. You can find more [here](#) (Spanish version [here](#)). There is also the [ConditionCare program](#) that covers chronic issues like diabetes, asthma, and COPD.

To learn more about diabetes and prevention, visit the [World Health Organization's diabetes fact page](#).

- Use gentle cleansers and moisturizers
- Avoid tanning beds
- Check your skin regularly for changes

For more information, visit the National Library of Medicine's MedlinePlus page on [skin care](#). Small daily habits can make a big difference!



Happy Thanksgiving!

As we head into the holiday, we want to share our gratitude for everything you do each day to support our team, our customers, and our mission. We hope you enjoy this time with the people who matter most.

Thanksgiving is also **National Family Health History Day**, a great reminder to check in with loved ones about your family's health background. These conversations can help you and your family make informed choices and stay proactive about your well-being.

Wishing you and your loved ones a safe, healthy, and happy Thanksgiving!

Boosting Your Benefits

Update on Walking Challenge

The Health is Wealth walking challenge is halfway through! We have 10 teams participating across the two brands. We're now increasing the steps from 5,000 to 6,000 per day. This is a great opportunity to connect with team members by creating teams and staying healthy.

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We Want to Hear from You!

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Email us at marketinghelp@xkig.com!