

**Are you a new hire? Remember, you have 30 days to sign up for benefits. Visit our Benefits site at [xkig.hrbenefits.net](https://xkig.hrbenefits.net)**



**Wellness  
Wednesdays**

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

## Why Blood Pressure Matters

Checking your blood pressure is an easy way to help keep your heart healthy. February is Heart Health Month, which is a great reminder to pay attention to your blood pressure. If you have diabetes, you may be more likely to have high blood pressure too. Staying active, eating well, and not smoking can help keep your numbers in a healthy range. Talk with your doctor or health care team about simple steps you can take to manage your blood pressure and protect your heart.

Here are tips on how to check your blood pressure at home: [Measuring Your Blood Pressure](#) | [High Blood Pressure](#) | [CDC](#)

## National Cancer Prevention Month

Preventive screenings can help find problems early, when they are easier to treat. Many screenings may also earn you rewards through our benefits program. You can use the Sydney app to check your benefits, find screenings you may need, and track your rewards. Taking small steps now can help protect your health in the future.

By [downloading the Anthem's Sydney app](#), you're one step closer to healthy prevention.

## National Children's Dental Health Month

It's always a great time to help kids learn how to take care of their teeth and build healthy habits that last a lifetime. Some easy tips for healthy smiles:

- Brush teeth two times a day with fluoride toothpaste
- Floss once a day to clean between teeth
- Limit sugary snacks and drinks
- Drink water, especially after meals
- Visit the dentist twice a year for checkups and cleanings

Healthy teeth help kids eat, speak, and smile with confidence. Starting good dental habits early can prevent cavities and keep smiles bright as kids grow. Many dental plans cover regular cleanings and checkups for children. Check your benefits or talk with your dentist to learn more.

# Boosting Your Benefits

## Maximize Your Dental Plan Benefits

Did you know that your dental benefits may rollover?

With Lincoln MaxRewards® maximum rollover feature you can:

- Manage and use benefit dollars you'd lose under a traditional plan.
- Build your MaxRewards account balance to cover large claims.
- Accumulate rollover amounts over time.

How to access your MaxRewards account balance:

- Download the Lincoln Financial Mobile app from the Apple or Google app stores. Once logged in, Select Dental Insurance. You can find your balance within the Deductibles and Coinsurance tab under Plan Maximums.
- Log in to LincolnFinancial.com. Select Dental Insurance, then My Benefits and scroll to the bottom. Not registered? It's quick and easy!
- You can also obtain your balance by calling Lincoln customer service at 800-423-2765 or by emailing [Claims@LFG.com](mailto:Claims@LFG.com).
- For more information, click [here](#).

## Save Time and Money with Mail-Order Pharmacy

Mail-order prescriptions make getting your medicine easy and convenient. Instead of going to the pharmacy, your medications are delivered right to your home.

Why use mail order?

- Get up to a 90-day supply at one time
- Save money compared to monthly refills
- Skip extra trips to the pharmacy
- Medications arrive safely by mail

Mail order is great for the medicines you take every day. It helps you stay on track, saves time, and can lower your costs. Ask your doctor to send your prescription to the mail-order pharmacy or check your health plan for details.

Learn more about the prescription program here: [Prescriptions - XKIG](#)

## It's National Caregivers Day on February 20

Do you care for children, parents, or other loved ones? Caregiving can be rewarding but also stressful. Our Employee Assistance Program (EAP) is available at no cost and offers help with child and elder care resources, stress management, and everyday life

challenges that you may be facing. If you are caring for someone and feel overwhelmed, you are not alone. Support is available 24/7. See the resources below:

**Lincoln Financial EmployeeConnect EAP:**

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

**Anthem EAP:**

When you call, please state that you work for XKIG.

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

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benefits, please email:  
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**We Want to Hear from You!**

Do you have suggested article ideas or pictures to share?

Email us at [marketinghelp@xkig.com](mailto:marketinghelp@xkig.com)!