

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



**Wellness  
Wednesdays**

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

## **Better Understand Insurance Terms**

To better understand your coverage and make the best plan selection for your specific needs, it's helpful to be familiar with healthcare vocabulary. Take a moment to review these terms, which may be referenced throughout this [Benefits Website](#).

## **Do You Have Your New Insurance Cards?**

Reminder - you should have received your new Anthem and Lincoln dental cards. If not, you can [download](#) the Anthem card yourself on the Sydney Health app and print it, and the Lincoln dental card can be found by downloading the Lincoln dental app [here](#).

## **Take Care of Yourself and Get Rewarded!**

Preventive screenings such as annual physicals, cervical cancer, and prostate health checks are one of the best ways to stay healthy by catching issues early, often before symptoms appear. Many recommended screenings are covered by your health plan.

Even better, completing eligible preventive care can earn you rewards. Check out the new Rewards Brochure to see how you can earn up to \$200. Find out which screenings qualify and how to participate [here](#).

# **Boosting Your Benefits**

# Resolutions That Support You

Working toward healthier habits this year? Your benefits are here to help.

- **Nutrition support:** Connect with a licensed nutritionist through our Employee

**You may qualify for up to \$500/year for getting a Physical!**

mealplanning, energy, and healthy routines.

Anthem EAP can be found [here](#) (Spanish version).

Are you enrolled in the Anthem 6500 Health Savings Account (HSA) Medical Plan? If so,

you can earn up to \$500 per year. When you complete an annual physical, XKIG will

contribute \$125 to your account each quarter. To receive all 4 employer contributions of

\$125 in 2026, proof of physical needs to be submitted to Wellworks by March 1, 2026, if

it wasn't previously submitted in 2025. An employee can earn subsequent contributions if

proof of physical is submitted later but there won't be any retroactive funding. For

example, if proof of physical is submitted on August 5, 2026 for the first time, employees

will only receive Q3 and Q4 contributions. The Proof of Annual Physical Form needs to be

received by December 1, 2026 to receive Q4 funding of \$125.

Details are outlined in the Wellworks Program guide that has been emailed and can be

found here: <https://xkig.hrbenefits.net/health-savings-account/>

If you have any questions reach out to Benefits at 877-949-1113 or [benefits@xkig.com](mailto:benefits@xkig.com) for assistance.

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

**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)**



## 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)!