

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@xkig.com

A Simple Test That Could Save Your Life

March is Colorectal Cancer Awareness Month, a time to learn about one of the most preventable cancers. Screening can find problems early, sometimes before cancer even starts. If you are age 45 or older, talk with your doctor about getting screened. Pay attention to changes in your body and speak up if something doesn't feel right. Taking charge of your health today can help protect your future. Find more information [here](#).

Did you know you can earn \$25 from your Anthem rewards for colorectal screening? Learn [more](#).

Small Food Choices, Big Health Wins

March is National Nutrition Month, a great time to think about the foods that fuel your body. Healthy eating doesn't have to be complicated. Try adding more fruits, vegetables, whole grains, and lean proteins to your meals. Drinking water and limiting sugary drinks can also make a big difference. Small choices each day help build stronger habits — and a healthier you.

Nutritional Counseling is covered with a copayment (depending on your plan). By [downloading the Anthem's Sydney app](#), you're one step closer to healthy prevention. Find more information here in [English](#) and [en Español](#).

Let's Talk About Medicare

Are you or a loved one turning 65 soon? Learn more about Medicare with these [free webinars](#).

Planning for Retirement: March 26 at 4 p.m. ET / Click here to [register](#) / Phone: (872) 267-6179 / Conference ID: 472 172 758

Turning 65: April 8 at 11 a.m. ET / Register: Click here to [register](#) / Phone: (872) 267-6179 / Conference ID: 801 472 040

Boosting Your Benefits

Take Charge of Your Health: Diabetes and Kidney Disease

Diabetes Alert Day on March 24

This day reminds us to check our risk for type 2 diabetes. Many people have early warning signs but don't know it. Being overweight, inactive, or having a family history can raise your risk. The good news is that healthy habits can help prevent or delay diabetes. Eating balanced meals, staying active, and getting regular checkups are important steps. Knowing **your risk** is the first step toward protecting your health.

Our Lark Diabetes Prevention Program (DPP) can assist you in managing diabetes through a convenient app. Download flyers to learn more in [English](#) or [en Español](#).

Protect Your Kidneys

Your kidneys work hard every day to filter waste and keep your body balanced. But kidney disease often has no early symptoms, which means many people don't know they have it. Conditions like high blood pressure and diabetes can increase your risk. Simple steps like these can help protect your kidneys:

- Drink plenty of water
- Eat healthy foods
- Stay active
- Keep regular checkups

If you have risk factors, ask your doctor about a simple kidney test. Learn more about prevention [here](#). Our ConditionCare program helps you better manage chronic illnesses, like diabetes and kidney health. Learn more, in [English](#) or [en Español](#).

Don't Forget Your Credit Union Perks!

We've partnered with Utilities Employees Credit Union (UECU) to give all employees special banking benefits! Open a checking account or Visa® Power Card™ and get a \$25 gift card, plus enjoy perks like no monthly fees, ATM fee refunds, and great loan rates. You can even earn rewards and get up to 0.5% off your loan rate with certain accounts. It's easy to join and start saving — visit uecu.org/XKIG or call 800-288-6423/ext. 7502 for more details. Don't forget to mention this [flyer](#) (en Español [aquí](#)) to get an extra \$10 gift card when you open an account!

The **2026 Scholarship Contest** is now open! For this year's contest, UECU is selecting two winners and awarding each a \$3,000 academic scholarship. If you or a family member will

be attending college or a technical/trade school in the fall of 2026, you can enter for a chance to win a scholarship. Submit a [scholarship application online](#) by May 1, 2026

It's National Walk in the Park Day on March 30

Many of our team members spend their days outside, walking job sites, working on rights-of-way, and staying active in the field. That kind of movement is powerful for your health. Walking helps keep your heart strong, boosts your mood, and lowers stress. Even small moments like stretching, taking a few extra steps, or getting fresh air during a break can make a difference. The work you do keeps communities running, and it also helps keep your body moving.

Walking is also a great way to take care of your emotional health. Don't forget you can also contact your Employee Assistance Program, or EAP. Support is available 24/7. See the resources below:

Lincoln Financial EmployeeConnect EAP:

Check out the flyer [here](#), [en Español](#).

Anthem EAP:

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

More information can be found [here](#), [en Español](#) [aquí](#).

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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!