

**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

Need a Little Help? We've Got You

April is Alcohol Awareness Month. This is a time to learn how alcohol can affect our health, safety, and daily life. Many people use alcohol to relax or cope with stress, but too much can cause problems at work, at home, and with our health.

If you or someone you care about is struggling, you are not alone. Help is available. Our Employee Assistance Program (EAP) offers free and confidential support for you and your family. You can talk to a trained counselor, get advice, and find helpful resources. 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](#).

Stress is something everyone feels, and there are simple ways to manage it. Taking short breaks, going for a walk, getting enough sleep, and talking to someone you trust can all help you feel better. It's also important to take a few minutes each day to slow down and breathe. Taking care of your stress is an important step toward staying healthy and feeling your best. Speaking of stress help, read more for our upcoming walking challenge.

Walking Challenge: A Grand Adventure Awaits

Lace up your sneakers! Our next walking challenge, Grand Adventure, kicks off June 15! This 4-week challenge will take you on a virtual journey through the Grand Canyon. To keep it fun and doable, the goal is at least 6,000 steps a day. We'll have prizes for the top three teams, and anyone who completes the challenge will be entered into a raffle drawing, so every step counts! More details on rewards are coming soon. Start getting your teams together and get ready to step into the adventure.

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: April 28 at 3 p.m. ET / Click here to [register](#) / Phone: (872) 267-6179 / Conference ID: 830 768 259

Turning 65: May 5 at 2 p.m. ET / Register: Click here to [register](#) / Phone: (872) 267-6179 / Conference ID: 455 813 998

Boosting Your Benefits

Don't Skip Your Checkup

April is Oral Cancer Awareness Month, a good reminder to take care of your health. Regular dental checkups and screenings can help catch problems early, when they are easier to treat. This is especially important if you have a history of tobacco use, including chewing tobacco, which can increase your risk. A quick screening during your dental visit can make a big difference. If it's been a while since your last checkup, now is a great time to schedule one and take a simple step toward protecting your health.

The Lincoln mobile app can help you find an in-network dentist close to you. Follow these links to the [Apple](#) and [Google](#) stores to download.

Don't Forget Your Credit Union Perks!

We've partnered with Utilities Employees Credit Union (UECU) to give all employees special banking benefits!

XKIG employees have a great opportunity to earn extra cash by joining! **From April 22 through May 7, you can receive a \$100 new member bonus when you sign up.** Along with the bonus, UECU offers added benefits like a Kasasa checking account with rewards and the convenience of direct deposit or ACH services. It's a simple way to make your money work a little harder for you. Don't miss out on this limited-time offer!

It's easy to join and start saving — visit uecu.org/XKIG for more details.

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.

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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!