

**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

New Voluntary Benefits Enrollment Opportunity

This July 13-24, employees will have a special enrollment opportunity to elect two new voluntary benefits, effective August 1:

Trustmark Life + Care® Insurance

The need for long-term care (LTC) services can strain families, and protection against the rising costs of those services in the event of an accident, illness, or aging is essential. Trustmark Life + Care insurance provides affordable LTC coverage. It provides a long-term care benefit funded by permanent life insurance. Learn more [here](#).

Allstate Identity Protection

Safeguard yourself and your family from evolving identity threats and scams with always-on protection. The enhanced 2026 identity protection features provide stronger security to help you and your family stay ahead of rising scams and identity fraud. Get 24/7 monitoring, advanced scam detection, and expert support for peace of mind. Check out the flyer [here](#), [en Español](#).

This enrollment window applies only to these two new benefit offerings. No other benefits can be added, changed, or canceled during this period unless you experience a qualifying life event. Employees who do not enroll in July will have another opportunity during the next open enrollment period, with coverage effective January 1.

The Grand Adventure is Underway - Join Now!

Our Grand Adventure Walking Challenge has officially begun, and there's still time to join in! The goal is simple: average at least 6,000 steps daily. Whether you're walking around the neighborhood, taking a lunchtime stroll, or getting extra steps with family and friends, every step counts. If you haven't signed up yet and would like to participate, [register as soon as possible](#) to join the challenge, connect with teammates, and be eligible for rewards and milestone prizes. Don't miss your chance to get moving, have fun, and be part of the adventure!

It's National Safety Month

When working or spending time outdoors, remember to stay hydrated, wear sunscreen, take breaks in shaded areas when possible, and watch for signs of heat-related illness. It's also important to protect yourself from ticks and other insects. Use insect repellent, wear long sleeves and pants when practical, stay on clear paths, and perform thorough tick checks after spending time in wooded or grassy areas. A few [simple precautions](#) can help keep you, your family, and your coworkers safe throughout the summer. Stay alert, plan ahead, and make safety a part of every outdoor activity.

Boosting Your Benefits

Earn Rewards for Taking Care of Your Health

Did you know you may be able to earn rewards while completing healthy activities throughout the year?

Employees enrolled in the Health Savings Account (HSA) plan may be eligible to earn up to \$125 per quarter by completing qualifying wellness activities outlined in the **XKIG Wellness Guide**. Be sure to review the guide for eligible activities, submission requirements, and instructions on how to upload your documentation for credit. In addition, Anthem members can access wellness incentives and rewards through the Sydney Health app. The app makes it easy to track preventive care, complete health-related activities, and view available reward opportunities.

June Is Men's Health Awareness Month: More ways to earn rewards (and stay healthy!)

Speaking of preventive care and rewards, Men's Health Month is a time to raise awareness of the importance of screenings, healthy habits, and early detection of health concerns. Too often, men delay routine checkups or ignore symptoms that warrant medical attention. Simple steps such as scheduling annual physicals, completing recommended screenings, staying active, and managing stress can make a meaningful difference. This month, take a moment to invest in your health. Whether it's scheduling a preventive screening, taking a daily walk, or having an important conversation about mental wellness, small actions today can lead to healthier tomorrows.

Follow these links to the [Apple](#) and [Google](#) stores to download the Sydney app.

Reduce Stress with Mindfulness: Emotional Wellbeing Resources (EWR)

Feeling overwhelmed? Just a few minutes of mindfulness each day can help reduce stress, improve focus, and support overall well-being. Mindfulness simply means paying attention to the present moment with openness and awareness, helping you slow down, refocus, and respond more calmly to life's challenges. Read "**Four Mindfulness Practices to Reduce Stress**" to learn more.

Try one of these simple mindfulness practices:

- Focus on your breathing for a few minutes.

- Take a mindful walk and notice the sights, sounds, and sensations around you.
- Listen carefully to music or natural sounds without distractions.
- Perform a quick body scan, noticing areas of tension and letting them relax.

Your Employee Assistance Program (EAP) offers confidential support resources for ALL employees and their families, including counseling, mental health tools, and referrals. This is a free, confidential service, and you don't need to be insured through the company to use it.

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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