

**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

Help Starts with Your EAP

May is Mental Health Awareness Month, an important reminder that mental well-being is as important as physical safety and health. Life's challenges can affect anyone, whether related to stress, anxiety, family concerns, finances, grief, or everyday pressures. In fact, 1 in 5 Americans will deal with mental illness at some point.

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, no insurance necessary. 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](#).

Your Grand Adventure Starts One Step at a Time

Our next walking challenge, Grand Adventure, begins June 15 and takes participants on a 4-week virtual journey through the Grand Canyon. The challenge goal is a manageable 6,000 steps a day, making it easy for everyone to join in and stay active. Top-performing teams will earn prizes, and everyone who completes the challenge will be entered into a raffle drawing. Every step counts! More details on rewards and how to participate are coming soon. Start building your teams now and get ready for the journey ahead.

Thinking about Retirement?

Catch this free webinar to learn more about:

- Understanding the COBRA trap
- Severance package considerations
- What happens to covered dependents

Planning for Retirement: May 21 at 1 p.m. ET / Click here to [register](#) / Phone: (872) 267-6179 / Conference ID: 211 201 943

Boosting Your Benefits

Take Care of Your Skin

May is Skin Cancer Awareness Month, a reminder to protect your skin both on and off the job. Early detection and prevention can make a major difference. Through the Sydney Health app, offered by Anthem, employees can access personalized health resources, find care providers, review benefits information, and take steps toward preventive care. Whether you work outdoors or spend time in the sun recreationally, don't forget sunscreen, protective clothing, and regular skin checks. Small habits today can help prevent serious health issues tomorrow.

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

Asthma Awareness Month

Asthma can affect daily life, work performance, and overall well-being, especially during high-pollen seasons and periods of seasonal change. This Asthma Awareness Month, employees and covered family members may have access to additional support through the ConditionCare program. The program helps participants better understand and manage chronic conditions through education, personalized guidance, and health coaching. Managing symptoms early and staying on top of treatment plans can help reduce flare-ups and improve quality of life.

To help you be at your best, the ConditionCare program offers free resources, including:

- 24/7 phone access to nurses who can address your health questions and concerns.
- Support from healthcare professionals to help you reach your health goals.
- Educational guides and useful tools to help you learn more about a specific condition.

Find more about the ConditionCare program [here](#), en Español [aquí](#).

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