

**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 is Now

You have until this Friday, July 24, 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](#).

You have until Saturday, August 8, to join:

Credit Union Partner

UECU, is offering an exclusive benefit for XKIG employees that open accounts with the credit union from July 22 - August 8. Become a member and enjoy:

- A \$100 new member bonus
- A Kasasa Checking account with rewards
- Direct deposit or ACH

Use [this link](#) to see how to qualify for this special offer.

Congrats, Grand Adventurers!

Our Grand Adventure Walking Challenge has officially ended. Thank you to everyone who laced up their shoes, logged their miles, and made healthy movement part of their daily routine. Whether you reached your personal goal or simply took more steps than usual, every mile was a step toward better health and wellness. Overall winners:

1st Place: Each participant earned a \$200 gift card!

Sole Winners

Jefte Chirinos, Courtney Zobie, DiJonai Johnson, and Michelle Harris

2nd Place: Each participant earned a \$100 gift card!

Data Walks, AI Talks

Swati Mishra, Rosa Collins, Marshall Pender, and Ella Gaughan

3rd Place: Each participant earned a \$75 gift card!

The Fleet Feet
Miranda Tillett, Ashley Vargo, and Michelle Tillett

Raffle Winners (\$100 gift card each): Brenda Housley, Taylor-Rene Flemmings, and Nicole Andrewes

Winners will receive an email soon with instructions on how to redeem their gift cards.

July is UV Safety Awareness Month

Now is the perfect time to protect your health whether you're on the job or enjoying time outdoors. Prolonged exposure to the sun's ultraviolet (UV) rays can increase your risk of eye damage, skin cancer, and heat-related illness. Wearing UV-blocking sunglasses, applying broad-spectrum sunscreen, seeking shade when possible, and staying hydrated are simple steps that can make a big difference. Take advantage of the resources available through your benefits. Visit EyeMed's [EyeQ Resources](#) for tips on protecting your vision and learn more about prescription safety eyewear options if they're part of your job.

Boosting Your Benefits

Earn Rewards for Taking Care of Your Health

An additional reminder that 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 for submitting proof of a physical through Wellworks. Follow [this link](#) for information on how to submit your proof of physical. In addition, Anthem members can access wellness incentives and rewards through the Sydney Health app. Follow these links to the [Apple](#) and [Google](#) stores to download the Sydney app.

Four Pillars of Mental Health: Emotional Health

Emotional health is a key part of overall mental wellbeing, along with the other three pillars: physical health, cognitive health, and social health. It shapes how you handle stress, relate to others, and respond to life's ups and downs. When your emotional health is strong, you can understand your feelings and recover easily from difficult moments. Like a pillar that supports a building, emotional health helps keep the rest of your mental health steady and balanced. Read "[Four Pillars of Mental Health: Emotional Health](#)" to learn more.

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](#).

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Email us at marketinghelp@xkig.com!