

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

Open Enrollment runs from October 21-November 6! This is the time to make changes to your benefits without a Qualifying Life Event (QLE). Be on the lookout for more information.

Substance Use Support Is Always Within Reach

In August, National Fentanyl Prevention and Awareness Day and International Overdose Awareness Day show the importance of education, compassion, and support in addressing substance misuse. Whether you're facing an issue yourself or supporting someone you care about, knowing where to turn can make a meaningful difference.

Remember, Employee Assistance Program (EAP) services are available to all XKIG employees and their eligible family members, regardless of your health plan enrollment. EAP services are free, confidential, and designed to help with a wide range of personal and family challenges, including stress, anxiety, substance use concerns, financial or legal referrals, and more.

EAP Resources

- For all employees - **Lincoln Financial EmployeeConnect EAP**: Check out the flyer [here, en Español](#).
- For XKIG, Xylem, and Kendall employees - **Anthem EAP**: When you call, please state that you work for XKIG. More information can be found [here, en Español](#).
- For River City employees - **Cigna EAP**: Contact 877-622-4327 or visit myCigna.com. Learn more [here](#).
- Watch the [EAP overview video](#).
- Read: "[Four Ways to Reduce Your Substance Use](#)" and "[Alcohol and Substance Use Disorder: Signs, Symptoms, and Treatments](#)"

Children's Eye Health and Safety Month

It's a great time to help your child prepare for the new school year. Healthy vision is important for everyday safety and well-being. Take advantage of the resources available through your benefits. Visit EyeMed's EyeQ Resources to read "[8 Back-to-School Rules to Help Protect Your Kids' Eyes](#)."

Choosing a Family Doctor

A caring healthcare provider can support you in staying current with preventive screenings, managing any health concerns that come up, and accessing care when you need it. If you or a family member doesn't have a primary care physician, there are XKIG resources to help.

Anthem members can use the Sydney Health app or the Anthem member portal to search for in-network primary care providers accepting new patients. Follow these links to the [Apple](#) and [Google](#) stores to download the Sydney app.

Cigna members can use the myCigna app or the member portal to search for the right in-network fit. Follow these links to the [Apple](#) and [Google](#) stores to download the myCigna app.

Do you have the Critical Illness Benefit through Lincoln Financial Group?

If so, don't forget to get one of the regular health screenings listed on the claim form and then submit it for \$50!

- Each plan year, you'll receive cash back for one covered screening – no waiting period.
- Claims may be submitted by phone, fax, mail, online through the employee self-service portal or email. Telephonic submissions are processed while you are on the phone.
- Your health assessment benefit will be paid within 24 hours of receiving a completed claim form. Complete the form [here](#). (Max of one per person per year)

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