

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 is Coming Soon! Mark your calendars for October 21–November 6

Open Enrollment is your annual opportunity to review your benefits and make sure your coverage continues to meet your needs in 2027.

There are several updates for the upcoming benefit year, including new rates, a move from Lincoln Financial Group to Anthem for dental coverage, and a transition from Chard Snyder to P&A Group for HSA administration. This will include applicable rollover or account-closing information.

During Open Enrollment, remember to:

- Review your current benefit elections and available plan options.
- Check new rates and coverage information.
- Review and update your beneficiaries.
- Review any dental plan updates or changes provided in your enrollment materials.
- Confirm that your personal and dependent information is current.

Watch for additional Open Enrollment communications with plan details, deadlines, and instructions. [Eligibility – XKIG](#)

Prostate Cancer: Make Preventive Care a Priority

Preventive screenings can play an important role in identifying health concerns early. During Prostate Cancer Awareness Month, men are encouraged to discuss their individual risk factors with their healthcare providers and determine whether prostate cancer screening is appropriate for them.

Age, family history, and other individual factors can influence screening recommendations, so start the conversation with your doctor.

Need to find an in-network provider? Depending on your medical plan, use the Sydney Health or myCigna app to search for providers and access health and wellness resources. Follow these links to the [Apple](#) and [Google](#) stores to download the Sydney app. Follow these links to the [Apple](#) and [Google](#) stores to download the myCigna app.

Cholesterol Education: Know Your Numbers

High cholesterol often has no noticeable symptoms, which makes routine preventive care especially important.

Cholesterol is a waxy substance your body needs, but unhealthy cholesterol levels can contribute to plaque buildup in the arteries and increase cardiovascular risk. A simple blood test can help you and your healthcare provider understand your cholesterol levels and determine whether lifestyle changes or additional care may be appropriate.

If you're due for a checkup or cholesterol screening, schedule an appointment with your healthcare provider and discuss which preventive screenings are appropriate for you.

National Recovery Month & Suicide Prevention Month: Support Is Available

Mental health and substance use challenges can affect anyone. National Recovery Month recognizes the strength of people in recovery and of the families, friends, and professionals who support them. Suicide Prevention Month reminds us of the importance of connection, awareness and reaching out for help when needed.

If you or someone you know is experiencing a mental health or substance use crisis, seek immediate professional assistance. In the U.S., you can call or text 988 to reach the Suicide & Crisis Lifeline.

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 - [Employee Assistance Programs - XKIG](#)

For All Employees - **Lincoln Financial EmployeeConnect EAP**: learn more [here](#), [en Español](#).

Anthem EAP: When calling, please mention that you work for XKIG. Learn more [here](#), [en Español](#).

Cigna EAP: Contact 877-622-4327 or visit [myCigna.com](#). Learn more [here](#).

Healthy Aging: Small Steps Today Can Support a Healthier Tomorrow

Healthy aging isn't limited to a particular age. The choices we make throughout our lives can support our physical health, mental well-being, independence, and quality of life.

Focus on the fundamentals: staying physically active, eating a balanced diet, maintaining social connections, getting enough sleep, and keeping up with recommended preventive care. Your doctor or EAP can provide confidential support and resources for life's challenges, including emotional well-being, family concerns, and other personal needs.

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