



Info

Benefits & Well-Being: June Newsletter

Check out the resources available to help you make healthy choices and improve your financial wellness.



Dear team,

Welcome to the Kyocera Benefits Monthly Newsletter – a regular communication that offers our employees resources to help you take advantage of your benefits and make better overall decisions when it comes to your health and well-being.

2026 Kyocera Walking Challenge Ends on June 21st

The 2026 Kyocera Walking Challenge is still going strong! Now through June 21st, you still have chances to earn the weekly badges and be entered to win exciting prizes. Earn all six badges to be entered to **win the \$300 grand prize!**

Remember to open your Walkingspree app every few days to seamlessly sync your steps.

June is Men's Health Month

Men's Health Month raises awareness about a variety of health topics that directly affect the **longevity and vitality of men**. On average, men live 5.3 years less than women, and many leading causes of death are preventable. Additionally, less than half of men experiencing mental health challenges seek treatment.

This month, we want to remind you to take charge of your health. Consider scheduling a preventative screening, looking into virtual mental healthcare options, staying active, choosing nutritious foods, and taking advantage of the resources available to you.

Below are a few resources provided by [Cigna](#):

- + [Preventative Health Information](#)
- + [Let's Talk About Prostate Cancer](#)
- + [Wellness Checklist for Men](#)
- + [Post-Traumatic Stress Disorder](#)

Upcoming Visana Webinar

For many women, ongoing sleep struggles are a sign of something deeper. It's always a good time to take a closer look at changes in your sleep and seek support from clinicians.

Through your Cigna benefits, you and your dependents 18+ can [book an appointment with Visana](#), an in-network, virtual women's health clinic that uncovers and treats the root cause.

Visana is also hosting a free webinar focusing on navigating health through sleep changes and hormones. [Register here for this session](#) on **June 23rd** at **12 p.m. ET**.

For questions regarding your benefits coverage, please contact the Benefits Member Advocacy Center (Benefits MAC) via:

- + Phone at **1-800-563-9929** (Monday-Friday, 8:30 a.m. to 5 p.m. ET; after hours you will be able to leave a message and receive a response by phone or email during business hours within 24-48 hours of your inquiry)
- + Email at cssteam@connerstrong.com
- + Web at connerstrong.com/memberadvocacy

Questions? Contact the Benefits Team: KDABenefits@da.kyocera.com

Kind regards,

Benefits Team
KYOCERA Document Solutions America, Inc.



© 2026 KYOCERA Document Solutions America, Inc.