



Info

Benefits & Well-Being: February Newsletter

Check out the resources available to help you improve your mental health and manage holiday stress.



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.

Fidelity: Strategies That Can Help You Manage Your Money

Join Fidelity to learn how to reduce some of your financial stress and enjoy more financial freedom.

Learn different ways to budget, save, and manage debt to help you feel more in control of your money. [RSVP](#) for this live webinar on **February 26th at 2 p.m. ET.**

Cold and Flu Season with MDLIVE

As we enter the colder months of the season, we would like to remind you of your health benefits available through Cigna. Cigna Healthcare has MDLIVE to offer convenient virtual care options – available by phone or video whenever it works for you. Read below for just a few of the things that MDLIVE can support you with this winter.

You can access MDLIVE by logging into myCigna.com, using the myCigna app, or calling MDLIVE at 888-726-3171.

American Heart Month

February is American Heart Month, a reminder to check your heart and take action.

[Visit OnePlace!](#) to explore our Care Pathway for heart health, including some ideas and resources designed to help you take charge of your healthcare.

Expanded Virtual Care with Cigna

Nearly one in three Americans are facing long waits and travel to specialty providers. Luckily, Cigna is making it easier for you to get fast, trusted and convenient **virtual care**

from a wide range of providers. You can see board-certified doctors and clinical specialists in days, not weeks or months, in the comfort of your own home.

See the **flyer attached** for more information on Cigna's virtual care network.

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
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