



Benefits & Well-Being: April 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.

America Saves Week is April 6-10

America Saves Week is the perfect time to take small, meaningful steps toward a more secure financial future. Each day features a unique theme designed to strengthen your personal financial foundation. Fidelity will be hosting live virtual workshops all week long.

See the **flyer attached** for the workshop schedule and registration links.

It is also a great time to visit your **Financial Wellness Dashboard** on NetBenefits for tools and educational resources to help you continue making progress on your money goals. To view your dashboard, visit [NetBenefits.com/dashboard](https://netbenefits.com/dashboard).

Stress Awareness Month

April is Stress Awareness Month. Whether it is work-related or personal challenges, stress can take a toll on both your physical and mental health. Managing your stress is essential.

Cigna is offering two webinars this month focused on practical ways to support mental health at work and in everyday life. These sessions are **available to all employees**, and are designed to be approachable, actionable, and easy to fit into your day. See the links below to register:

- + [From Awareness to Action: Navigating Mental Health Resources](#) on **April 16th** at **12 p.m. ET**
- + [Grounded in the Present: Managing Anxiety One Moment at a Time](#) on **April 21st** at **12 p.m. ET**.

We also want to remind you that the [Employee Assistance Program](#) (EAP) is available at no additional cost to you and anyone living in your household. The EAP offers confidential

support from licensed clinicians to help you with stress, financial needs, mental health, substance abuse and more. Non-Cigna members can enroll by using employer ID: kyoceraeap.

Spotlight on Women's Health: Visana

Brain fog, difficulty concentrating, and forgetfulness are common, yet often overlooked, symptoms experienced by up to 60% of women during perimenopause and menopause. If this sounds familiar to you or a family member, support is available through Visana.

Visana is an in-network virtual women's health clinic through Cigna, available to you and any over your family members age 18+ enrolled in your health plan.

Visana will be hosting a webinar on menopause and brain fog on **April 14th at 12 p.m. ET**. We encourage you to join if this is something you or someone you know is navigating. [Click here to register for this session](#).

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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