



Info

Benefits & Well-Being: March 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.

Healthy Choices, Healthy Future: On-Site Events

Join us for our upcoming on-site event, **Healthy Choices, Healthy Future**, which will focus on building healthy habits and utilizing Cigna’s available resources.

Build your Healthy Living Kit across five stations – benefits, pharmacy, nutrition, movement, and the Lemon-Aid stand. Then, snap a selfie at the Healthy Selfie Wall to enter a same-day wellness basket raffle.

Can’t attend on-site? [Join our virtual EAP session](#) on **Wednesday, March 11th at 2 p.m. ET** to be entered into the raffle.

Please see the event calendar below:

Healthy Choices, Healthy Future Event Schedule

Date	Location	Time
Wednesday, March 11 th	Fairfield, NJ	1 – 3 p.m.
Wednesday, March 11 th	Irving, TX	12 – 2 p.m.
Thursday, March 12 th	Gardena, CA & Concord, CA	10 a.m. – 12 p.m.

Fidelity: Women Talk Money

Join Fidelity for their Women's History Month series, **Women Talk Money**, featuring special guests Mindy Kaling and Shonda Rhimes. These informative sessions are designed to help you make your time, money, and career count.

See the flyer attached for more details, and [visit the site to register](#) for the upcoming sessions.

National Nutrition Month

March is National Nutrition Month, a time when all people are encouraged to focus on making informed food choices and developing healthier eating habits. From embracing whole foods to prioritizing balance and moderation, there are countless ways to treat our bodies right and nourish ourselves from the inside out.

Visit [HealthyLearn](#) to read more about nutrition. HealthyLearn's library covers everything from nutrition basics, tips for eating on the go and packing a healthy lunch, and an assortment of recipes you can try out at home.

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.