

Log onto your Kronos (UKG) account to make your elections at <https://kensfoodsinc.prd.mykronos.com> or scan QR code below on your electronic device

[Kronos-UKG Dimensions for iPhone](#)



[Kronos-UKG Dimensions Android](#)



Be sure to watch our Open Enrollment video on our Benefit Resources Center. <https://flimp.live/Kens-Benefit-Resource-Center>



Kronos-UKG Open Enrollment Instructions

- Go to My Benefits/Click “Start Open Enrollment”
- Read and follow the instructions on the Open Enrollment home page.
- Medical rates are determined by your 2022 participation in Ken’s Foods Wellness Program
- If you are enrolling in medical for the first time, you will be awarded 1 wellness point for 2023.
- If you are changing plans or coverage level, select the plan/coverage level based on your participation in Ken’s Foods Wellness in 2022.*
- If you are not making any changes to medical/dental/vision, your 2022 benefits will remain the same in 2023
- If you are enrolling in the new voluntary benefits plans, select the plan(s), select the coverage tier (who you want to enroll in this plan), **coverage amount, add dependents if applicable.**
- You must re-enroll in FSA every year. Your FSA enrollment for 2022 ***does not*** carry over into 2023.
- You do have the option to decline enrolling in a plan by selecting waive coverage. If you waive a plan you are currently enrolled in, it will cancel your coverage for 2023.
- You can modify your selections at any point during the enrollment period, up to final submit on the Confirm & Submit tab.

*All medical rates will be reviewed and adjusted by the Benefits Department based on employee’s participation in Ken’s Foods Wellness Program in 2022.

