

LIIVEWELL

Updates



When **you're** ready.

We're here for **you**.

Take a step towards total well-being with LIiveWell.com

Here to Help

We're three months into 2022. How are those resolutions going so far? Prioritizing your health and making progress with physical and mental wellness isn't always easy.

LIiveWell is here to help with programs, resources and the tools you need to make lasting change.

Take a step towards total well-being with the upcoming Step Challenge!

[Read More](#)

MARK YOUR CALENDAR &
SIGN UP NOW

Download this newsletter
for active links!

[Click here to browse and register for upcoming webinars and virtual events.](#)

[CLICK HERE FOR 25 TIPS & MOTIVATION TO MAKE THIS YEAR YOUR HEALTHIEST YET.](#)

The INVITATIONAL TEAM STEPS CHALLENGE

Register March 9th

Register between 3/9 and 3/22 at Liivewell.com or through the **Wellness At Your Side** app.

You will be part of a five-person team competing against a new team each week for five consecutive weeks. The team that walks the most steps overall wins the GRAND PRIZE.

The challenge starts Wednesday March 23rd.

Earn [Challenge Reward] for stepping your way to fun!



Remember to Download
Wellness At Your Side





Comprehensive MSK care.

Below are some common injuries our Providers successfully treat on a daily basis.

Back/Neck Knee Shoulder
 Foot Wrist Plus More



99%
 PATIENT SATISFACTION



3.2 visits
 AVG. TREATMENT DURATION



15,000 +
 PHYSICIAN RECOMMENDED SURGERIES AVOIDED

Based on in-clinic patient-reported outcomes (Remote Recovery outcomes vary slightly).

Lennox International is proud to offer Airrosti as an in-network benefit

Airrosti provides highly effective, personalized care for acute and chronic musculoskeletal/joint pain and conditions. Over the past 16 years, our highly skilled provider network has consistently achieved unparalleled results for our patients.

Airrosti Remote Recovery delivers Airrosti's extensive clinical experience in a convenient, virtual solution.

CHOOSE YOUR PATH TO RECOVERY.

Each Airrosti treatment plan, in-person or virtual includes:



ACCURATE DIAGNOSIS

Thorough assessment and orthopedic testing to help provide an accurate diagnosis, along with injury education.



PERSONALIZED RECOVERY PLAN

Provider guided conservative treatment to restore function, increase mobility, and reduce pain.



EFFECTIVE INJURY RECOVERY

Personalized, active rehab and at-home exercises designed to help speed recovery and prevent future injuries.



Money Matters

Investing *early* can pay off.



Mia

- Starts investing at 25
- Actively invests 42 years



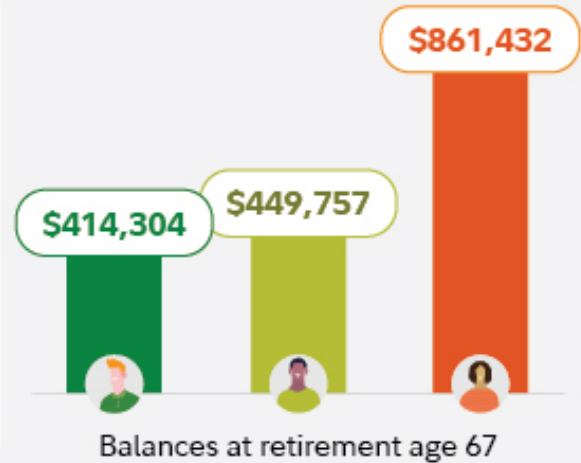
Max

- Starts investing at 25
- Actively invests 10 years, stays invested until retirement



Mike

- Starts investing at 35
- Actively invests 32 years



Meet Mia, Max, and Mike. Each invests a **monthly contribution of \$150** into a company sponsored retirement account such as 401(k), 403(b), or 457(b) with a **100% company match**. Each plans to retire at age **67**. See how investing early can pay off.

[Learn more investing basics on NetBenefits®](#).



Tune In! Check out upcoming live webinar opportunities from Magellan EAP.

Money Matters

March 2022 financial webinars

Women & Money. March 8th. Register here: [9 am PT](#) | [12 pm PT](#)

As the wealth gap narrows between women and men, there are still certain financial challenges that are unique to women. In this presentation we empower you with 7 Action Steps to create financial wellness and help you assess your history with money. We will discuss the importance of incorporating emotional intelligence as well as technical aspects of money management to help direct your finances to their highest potential.

Live Webinar—Join us Wednesday, March 9 for *Your Retirement Planning: Getting Started and Sticking to Your Goal in Times of Uncertainty*. Register [here](#).

Diabetes Care

LII now offers two options for type 2 diabetes

fully covered for those on the LII medical plan

Management or Reversal: Which is right for me?



Livongo helps you achieve better results by teaching you how to use your diabetes medication more effectively.

Choose Livongo for diabetes management if you are looking for coaching and unlimited testing supplies, but you are not ready to change your diabetes care provider or diet.



Virta helps you achieve better results through understanding your personal carbohydrate tolerance and making adjustments to your diet to burn fat for energy.

Choose Virta for diabetes reversal if you are looking for provider supervision and 1-1 health coaching to reduce the need for diabetes medication as you change your diet.

What comes with each?

	Livongo for management	Virta for reversal
On-demand health coaching	✓	✓
Unlimited testing supplies	✓	✓
Provider-led monitoring for safety		✓
Reduces the need for diabetes medication		✓
No dietary changes	✓	