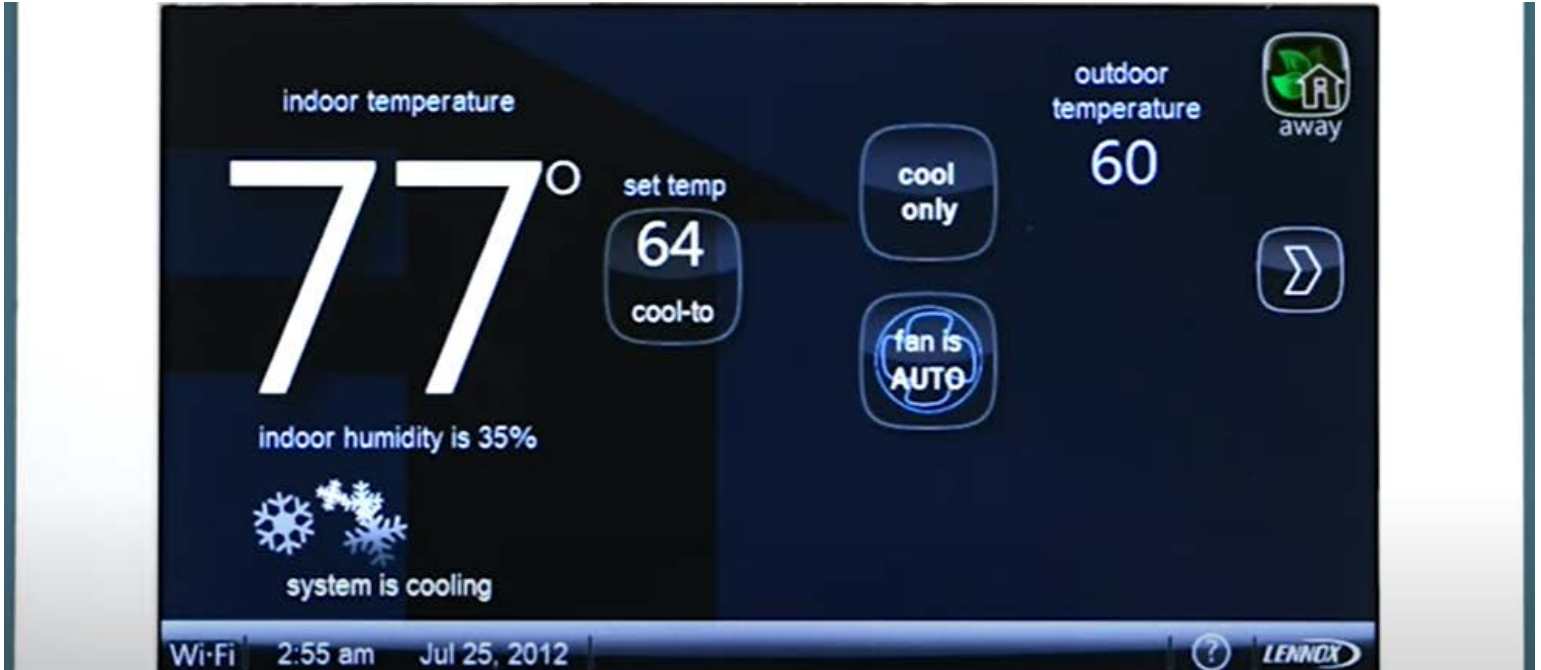


LIIIVEWELL

Updates



Things are Heating Up

What You Need to Know About Drinking Enough H2O

Why is Hydration So Important?

The human body needs water to survive and thrive. Our bodies are made up of mostly water which is used to remove waste, lubricate joints, regulate body temperature, and more.



<p>MYTH #1</p> <p>Dehydration Isn't Serious. It Just Means You're Thirsty</p> <p><small>Feeling thirsty? You're already on your way to dehydration, which can leave you feeling tired, and dizzy, and give you a dry mouth. Dehydration is considered a dangerous loss of fluids either through excessive water intake, sweat, or illness. During the summer, it's especially important to drink water often so your blood can be cooled and hydrated.</small></p>	<p>MYTH #2</p> <p>There's No Such Thing As Drinking Too Much Water</p> <p><small>Ever hear there's too much of a good thing? It's true with water consumption, too. Too much water intake — you'll know it if your urine is completely clear — can lead to the depletion of essential electrolytes like sodium. This in turn can lead to a serious condition called hyponatremia which can be life threatening.</small></p>	<p>MYTH #3</p> <p>Clear Urine is a Good Hydration Indicator</p> <p><small>As mentioned before, it's true there's too much of a good thing when it comes to excessive water intake — an excellent indicator of hydration status. But clear urine means you might actually be drinking too much water than your body needs and in turn depleting it of essential electrolytes.</small></p>	<p>MYTH #4</p> <p>Everyone Needs Just Eight Glasses of Water Daily</p> <p><small>Not so. There's actually no solid research that says eight is the exact number of fluid glasses an individual needs to drink every day. It depends on a variety of factors, experts say. Those factors include your climate, physical activity, and other activities like sunbathing that may demand more water intake.</small></p>
<p>MYTH #5</p> <p>Hydration is Just About Water Intake</p> <p><small>There's more to drinking water than just getting enough of it daily. This is especially important for very active individuals and athletes to remember. Consuming drinks with electrolytes — like a sports drink or coconut water — can keep you safely hydrated during intense summer seasons.</small></p>	<p>MYTH #6</p> <p>Hydration Isn't That Big of a Deal</p> <p><small>Much of the human body is made of water, making it essential for optimal health to stay hydrated. On average, most people are made up of around 60% water. In the human body, water contributes to many bodily functions including waste removal and temp regulation.</small></p>	<p>MYTH #7</p> <p>You Can Only Hydrate With Water</p> <p><small>Luckily, you can get valuable fluids from both water and your food. This can be especially good news for those who don't love drinking water as much as they should. Foods with high water content include melons, cucumbers, celery, tomatoes, and spinach.</small></p>	

[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.](#)

Hydration is important to keep in mind as it's already getting incredibly hot in most places. Summer means, you'll likely be more active outdoors and need to reach more often for your water bottle. Staying hydrated can help you feel your best while also avoiding heat-related illnesses

[Click Here to Learn More](#)

July Getting Started with Calm

Every Monday, we have live sessions where we show you how to navigate around the Calm App and start using our resources to improve your mental well-being. You'll also get to learn about the benefits of Calm and how you can start getting better sleep, deepen your meditation practice, and practice daily mindfulness in a 30-minute session.

Here are the available sessions this month:

July 11, 2022, 12:00 PM

July 18, 2022, 2:00 PM

July 25, 2022, 3:00 PM

Special Webinar: Calm for Work-Life Balance
July 20 from 2:00 - 2:30 (EST)



Free Calm subscription for
Lennox employees.

How to get started:

<https://www.calm.com/b2b/lennox-intl/subscribe>

- 1 Visit the URL above or scan the QR code below
- 2 Create a new account or sign in to your existing Calm account
- 3 Enter your Employee ID in the box provided to activate the subscription on your Calm account
- 4 Download the app and log in to your account to access the premium content for you and your household



Scan the QR code to redeem
your free Calm account

Need help? Visit calm.com/support

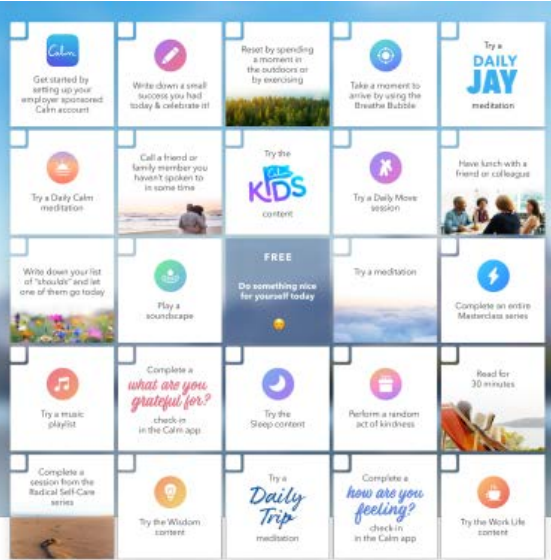


Your Calm app subscription can be shared with up to 5 dependents by logging in with your username and password on their devices.

Ways to Use Calm

- Listen to a Masterclass or Music on your commute
- Stretch with Calm Move to relieve physical tension
- Listen to a Sleep Story to support a better night's rest
- Select a Meditation to help you prepare for your day

SELF-CARE BINGO



When there's a lot going on every day, it can feel difficult to find time to take care of ourselves. We value your well-being which is why we're always finding new ways to help you prioritize your self-care routine.

That's why we're excited to partner with Calm to kick off the Self-Care Bingo challenge.

[You can access your card here!](#)

In your curated bingo card, you'll find self-care activities that range from meditation practices to quick stretches and random acts of kindness. Suitable for all levels. You're also welcome to include your family in this Bingo challenge!

Here's how to play:

1. **Starting on July 1st**, complete all recommended self-care activities to achieve a "blackout" bingo card within 1 month. Our Self-Care Bingo challenge will end on July 29th.
2. Once completed, **send your Self-Care Bingo card AND** which Calm feature/Bingo square you enjoyed most to LlveWell@lennoxintl.com to signify your completion.
3. The **first 3 employees** to complete and submit their bingo card and favorite feature **will receive COOL POINTS!**

If you haven't already, [CLICK HERE](#) to activate your free Calm premium subscription.

We hope this helps you establish a consistent self-care routine!

MONEY MATTERS

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

Balancing Your Financial & Emotional Wellbeing

July 12th

Register here: **9 am PT | 12 pm PT**

Financial stress often goes hand in hand with emotional strains. Review common financial and emotional challenges and get tips for managing them. Also learn how working with professionals can help.

Investing: Education for Beginners

July 28th

Register here: **9 am PT | 12 pm PT**

Learn how certain investment accounts and timeframes can help you reach your long-term savings goals. Review how mutual funds, stocks, bonds and other investments work. Conclude with practical action steps you can take.

Click links above to register.

Visit LIIBenefits.com for more information



WELLNESS WEDNESDAY

A monthly series of micro-sessions with tips, tricks and hands on activities to make wellness actionable and attainable!

This month: *Financial Wellness*

Financial wellness is a state of being in which you can meet current and future financial obligations, feel secure in your financial future and make choices that let you enjoy life. Financial wellness can also reduce preoccupation with money needs and improve your mental and physical well-being.

Click here to learn more



wellness champions

LENNOX INTERNATIONAL

LIVE WELL
CHOOSE WELL. LIVE WELL.

Having a financial plan can be good for your health.

People with financial plans feel less stress about their financial lives—and the more comprehensive the plan, the less stress.* For those who do not have a financial plan, more than half say they simply “don’t know where to start.” We can help you get started.

[Get started on your plan today.](#)



**Total Wellbeing
It's all connected!**



Investing involves risk, including the risk of loss.

* Fidelity Q2 2022 Participant Wellbeing Study, April 2022.

Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917.

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Juggling multiple money goals?

Find balance with **financial wellness.**

1 in 5 people feel a little worried about reaching their savings goals.*

No matter where you are on the financial spectrum today, Fidelity can help you achieve financial wellness.

[Learn more](#)



Dive into how nutrition helps patients reverse diabetes, reduce their need for medications, and lose weight.



FREE VIRTA WEBINAR

Food as Medicine

Find out how Virta can help you treat type 2 diabetes.

JULY 19 • 12 PM CST

Learn about:

- Why guidelines like exercise, medication, and surgery don't always make sense
- Nutritional ketosis and how it reduces blood sugar and helps with weight loss

Click the image to register now!

[REGISTER NOW >](#)



*US employees only

My Health

Benefits

Daily Habits

Screenings



Schedule your Health Screening and Flu Shot now!

Visit a lab or your physician. Screening values must be submitted by 9/30/2022.

[Login to your LliveWell.com account and click the banner at the top of the screen to access health screening options!](#)

[Click Here to Get a Head Start on Your Health Screening](#)

It's time to check in on your total well-being.

Schedule your Health Screening and get back to living well. LII makes getting your Health Screening easy and convenient with three options.

1. ONSITE HEALTH SCREENING

Visit www.LliveWell.com to schedule a screening. Ask your local HR representative for dates and times.

2. LABCORP FACILITY

Visit www.LliveWell.com to find a LabCorp near you that offers "Employee Wellness with Body Measurements." Download the Lab Requisition Form and take it with you. The lab will submit your results automatically.

3. VISIT YOUR DOCTOR

Print the Physician Form on www.LliveWell.com before your exam. Ask your doctor to complete the form during your exam. Either you or your doctor can submit the form via email or fax.



Blood Pressure



BMI (height and weight) or Waist Circumference



HDL Cholesterol



Triglycerides



Blood Glucose

SEPTEMBER

30

Employees and covered spouses must complete, submit and meet or improve 3 out of 5 metrics by 9/30/2022 to avoid the surcharge.*

NEW TO HEALTH SCREENINGS?

SETTING UP YOUR NEW LIIVEWELL ACCOUNT

[Click here to watch the video to create your account and get started!](#)

Learn more about your benefits: LIIBenefits.com