

LIVWELL

Updates



Employee Wellness Month

Wellness is much more than just physical and mental health. There are actually 8 dimensions of wellness that contribute to total wellbeing. Take some time to explore each dimension and learn the various ways you can add wellness to every part of your life.



[Click here to learn more](#)

[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.](#)



Employee Wellness Month

- Weekly Events
- Fall Step Challenge
- Raffle prizes & More



US EMPLOYEES ONLY

Employee Wellness Month

Each October we highlight the many ways employees can live well and stay well with onsite events, learning sessions, freebies and more. Check out the LIINK for ongoing communications and visit LIIBenefits.com to learn more about the benefits available to support your total wellbeing.

Chronic Condition Management

At LII, you and your family's well-being is important. We provide benefits and resources to help keep you and the ones you love happy and healthy. Beat burnout, connect with a Care Coordinator or get a handle on your hypertension. Your LiveWell benefits are here when you need them.

Get free confidential counselor support over text, chat, phone or video. Live well every day with

EMPLOYEE ASSISTANCE PROGRAM

MagellanAscend.com

Personalize your well-being experience with LiveWell.com. Take advantage of your no cost health assessment, Daily Habits program, a Wellness Media Library, lifestyle and condition management programs, and more.

LIiveWell
LiveWell.com

24/7/365 access to a medical and behavioral health professionals from the comfort and safety of your home. Get peace of mind with

DOCTOR ON DEMAND

DoctorOnDemand.com/Lennox

Manage diabetes with

VIRTA HEALTH

VirtaHealth.com/Join/Lennox

- Free diabetes testing supplies
- Medical care from a physician-led care team
- On-demand resources like recipes, grocery lists, and meal plans

Create behavioral skills focused on mindful eating habits, weight loss, and balanced sleep.

WONDR HEALTH

WondrHealth.com/Lennox

Quiet your mind with

CALM

Free guided meditations designed to help you manage stress, sleep better and live a happier, healthier life.

Discover more about your benefits.
Visit LIIBenefits.com for more information.



EAP Support



October is Depression and Mental Health Awareness and Screening Month

Learn about the signs, symptoms and treatment of depression.

- Primary depression symptoms include persistent feelings of sadness or emptiness.
- Clinical depression is a serious medical condition that, if untreated, can lead to self-harm and/or suicide.
- When people come together to learn about mental health problems, it helps reduce negative stigmas.

Call your Employee Assistance Program at 1-800-424-6015 (TTY 711) or visit MagellanAscend.com for helpful resources.



FINANCIAL WELLNESS MONTHLY WEBINAR

Choosing Your Benefits: What to Fund and Why? | **Thursday, October 11**

Register here: [9 am PT](#) | [12 pm PT](#)

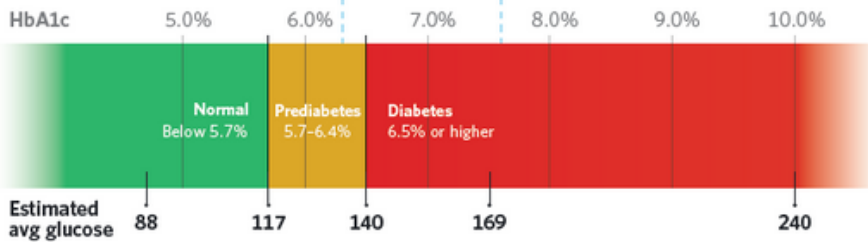
Learn how Health Savings Accounts, Flexible Spending Accounts and employer-sponsored retirement plans work, and the advantages they can provide to you.

Diabetes Support

High blood sugar?

Virta can lower it without medications or surgery.

Average A1c reduction of 1.3%



Most Virta patients lose weight, lower their A1c, and reduce their diabetes medications.



60% of patients reversed their type 2 diabetes*



1.3% average reduction in HbA1c



94% of insulin users reduced or eliminated usage

Hallberg et al. Diabetes Ther. 2018; DOI:10.1007/s13300-018-0373-9

* Note that % reversal is defined as the % of patients with HbA1c less than 6.5% who are taking no glycemic control medications or only metformin.



Diabetes and eye wellness are linked by healthy choices.



Did you know diabetes puts you at risk for gum disease? This systemic disease affects more than your blood sugar — it can also have serious consequences for dental health.



Through Quantum's One-on-One Support program, you may be eligible for free prescriptions to help manage certain chronic conditions, including diabetes. Speak with a Care Coordinator to see if you qualify.

Click the images above to learn more about the many ways LII supports diabetes and condition management.