



## MARK YOUR CALENDARS!

Click [here](#) for upcoming May wellness webinars!

### MAY 24TH, 12PM CT - BRIAN CUBAN

Brian Cuban, brother of Dallas Maverick's owner, Mark Cuban, will speak at Lennox Corporate to share his mental health struggles and recovery. Stay tuned!

### FINANCIAL WELLNESS

What's your plan for your tax refund? Create a game plan for how you want to wisely use your extra money! [Learn 9 ways to be smart with your money!](#) Plus, take a [quiz](#) on your financial health!

### TEST YOUR INFLATION NUMBER!

What's your inflation number? Inflation is a hot topic these days! Prices are on the rise, and the money in your wallet is not! Take this [quiz](#) to see how you stack up!



### GET YOUR HEALTH SCREENING DONE!

Go to the [LIIVEWell Portal!](#) Peace of mind comes when you know you're healthy on the inside and out. Download the Physician Form or Lab Corp form to get your health screening done early!

### MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month and we want to assure you feel supported and encouraged to mind your mental health. If you're struggling reach out for care. If a loved one or someone you know is suffering, be willing to listen, understand and leverage your LIIVEWell tools and resources to help. Remember, you have 16 hours of [Wellness Days](#) (\*salaried employees) to use to care for your mental health.



### EAP THROUGH MAGELLAN HEALTH

Lennox [EAP](#) provides a variety of benefits for you and your family. You can receive confidential emotional management support for grief, stress or depression; finances, life coaching, and conflict management. You and your dependents can receive 5 sessions with an in-person counselor or virtual counselor. Counselors are available by text or chat through Better Help!



### CALM

Everyone cares for their emotional and mental health differently. Calm offers something for everyone. There is music, sleep stories for kids and adults, practical tips and strategies. If you have not downloaded the [Calm app](#), do it today. Plus you can add up to 5 dependents! Calm Mindful Minute Challenge will start May 8th! [Register today!](#)



### DOCTOR ON DEMAND

### BY INCLUDED HEALTH

Doctor on Demand by Included Health provides 24/7 access to mental health visits with a Doctor on Demand psychologist or psychiatrist. Pay \$30 for each visit.



### VOLUNTEER PORTAL

Lennox supports the communities where we live and work. Giving back enhances your overall wellbeing. You can claim up to 8 hours every year towards volunteering! Learn more about the [Volunteer Benefit!](#) (\*For salaried employees).