

Stay Inspired



MARK YOUR CALENDARS!

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

JUNE 28TH AT 10AM CT - FINANCIAL IQ INVESTMENT BASICS
LOCATION - ONSITE EVENT - LENNOX CORPORATE RICHARDSON
LOCATION IN THE CAFE.
CLICK [HERE](#) FOR THE TEAMS LINK.



FINANCIAL WELLNESS

It's important to name beneficiaries for your workplace savings plan. In the event of your death, benefits would be paid according to plan rules, which might be different from the designation you would choose. Visit the [Fidelity](#) page to assign your beneficiaries to ensure that your benefits will be distributed according to your wishes. For questions, call 1-866-783-5225.



ACTIVE AND FIT DIRECT

Stay active from anywhere with 12,200+ gyms, 9,300+ workout videos, and more for \$28/month. And, create a free account to access more than 9,000 online workouts for free! To learn more go to The LIINK-> Benefit Source -> Specials tab -> Active and Fit Direct option!



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! Screening deadline is 9/29/23!

MEN'S HEALTH AWARENESS MONTH

June is Men's Health Awareness Month. It's also PRIDE month. We work in a diverse community which includes people from all walks of life. No matter who you are or where you are from advocating for your health by getting your health screenings can help you find health problems before they start. To learn more about your health, complete the Health Assessment at [LIiveWell.com](#). Dr. on Demand by Included Health offers convenient virtual primary care! To learn more, visit our [Dr. on Demand by Included Health](#) page!



QUANTUM HEALTH CARE COORDINATORS

If you have questions about your benefits, you don't know where to start, you lost your medical ID card, or you need help managing a medical or behavioral condition, reach out to a Quantum Care Coordinator for assistance. The Quantum Care coordinators are your own personal team of benefit experts, nurses, and claims experts! Learn more about your [Quantum Health Care Coordinator team!](#)



LIIVEWELL

LIiveWell.com is your personal portal experience that gives you the opportunity to create your own unique wellness plan. Don't just go to the LIiveWell Portal during screening time! You can learn to manage stress, work on creating a fitness routine, find nutritious recipes, and more. [Visit the portal today and start a Daily Habit plan!](#)



LII FOUNDATION - CHARITABLE GIVING

As a Lennox employee, you can partner with the LII Lennox Foundation to increase your impact to causes that matter most to you in education, health, and the environment through these four ways: employee donation match, volunteer grants, volunteer time off, and foundation grants! Visit the [LII Foundation](#) page to learn more about how you can give back.