

Keep Everything In Check

Check up on your health and check in for a health screening soon.



MARK YOUR CALENDARS!

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

Magellan (EAP) webinar on "Parenting with Your Best Self."

Wednesday, August at 9 at 1:00pm CT
Click [here](#) to register!



FINANCIAL ADVISORY

Prepare for the unexpected with Fidelity!

- Tuesday, August 15 at 9:30am to 10:30am CT.
- Event will be onsite in the Richardson Cafe and Online. Details to come.



STEP CHALLENGE INVITATIONAL COMING SOON!

It's almost time for the Lennox Step Challenge Invitational! Get your teams ready! Registration will open August 22, 2023! Details to come! Plus, we're relaunching Walking Wednesday! Details coming soon!



WONDR HEALTH

Have you ever wondered what it would be like to lose weight and feel better? Wondr Health is a skills-based digital weight loss program offered by Lennox - at no cost to you - that has helped hundreds of thousands of people in different stages of health. To apply to this program, go to WondrHealth.com/Lennox The application period begins August 7, 2023 and ends August 20, 2023. The program will start September 4, 2023. Space is limited.

KEEP EVERYTHING IN CHECK!

August is about checking up on your health, and getting your health screening done! There is always time for a health screening on your to-do list! In-between playing ping pong and feeding your little Ms. Pixie Loo, schedule in your screening. It can help you stay healthy so you can continue swinging paddles, and caring for your pet and feeling your best for years to come!



ONSITE HEALTH SCREENINGS

Complete the 2023 Health Screening by 9/29/2023 to avoid the \$75 surcharge. The Health Screening is easy and free! Schedule your health screening and get back to living well! Lennox makes it convenient to get your Health Screening done!

1. LABCORP FACILITY - Go to www.LIiveWell.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.
2. VISIT YOUR DOCTOR Print the Physician Form on www.LIiveWell.com before your exam. Ask your doctor to complete the form during your exam. Have your doctor submit the form via email or fax. Or, upload your completed Physician Form to www.LIiveWell.com. To confirm receipt of your lab results, call WebMD at 1-844-800-2454.

For additional questions, reach out to your HR Partner!

29 Covered employees and spouses must complete, submit and meet or improve 3 out of 5 metrics by 9/29/2023 to avoid the \$75 monthly surcharge (if your spouse is enrolled in medical, there is also a \$75 wellness surcharge for spouses).*

IT'S EASY AND FREE!
Confidential Health Screenings take 15 minutes and will measure your:

- Blood Glucose**
Less than 100mg/dL.
- Blood Pressure**
Less than 130/85mm Hg
- HDL Cholesterol**
Men: Greater than or equal to 40mg/dL.
Women: Greater than or equal to 50mg/dL.
- Triglycerides**
Less than 150mg/dL.
- BMI**
Less than 25 OR Waist Circumference
Men: Less than or equal to 40 inches
Women: Less than or equal to 35 inches