

Keep a Healthy Space

Set boundaries and set aside more time for yourself.



SUMMER SAFETY AND SELF CARE

July is about summer safety and self care. Self care and safety go hand in hand. Prioritizing safety creates a healthy boundary with yourself and others so that you can take care of yourself. This month we will connect the dots and help you see how taking the time to stay safe in the summer heat by drinking enough water, taking the time to get your health screenings, setting financial goals, and creating the emotional and mental space you need is also self care.

MARK YOUR CALENDARS!

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

Financial Advisory

If you're nearing retirement, or have multiple financial needs, time spent with a Fidelity consultant can help you develop a plan to help make your goals a reality. Just call your local Investor Center to schedule a complimentary appointment, visit [Fidelity.com/wealth-management/overview](https://www.fidelity.com/wealth-management/overview).

Active and Fit Direct

Get summer strong! Stay active from anywhere with 12,200+ gyms, 9,300+ workout videos, and more for \$28/month. For the month of July, use the promocode SUMMERSTRONG to save \$28 on the enrollment fee! Plus, 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!

Dr. on Demand Dr. on Demand by Included Health

Summer time is here! It's important to take care of your skin! Choose a sunblock that protects against UVA and UVB rays. A sunblock with a higher SPF provides more UVB protection, and apply sunscreen 20 minutes before going outside! A yearly check with a dermatologist is recommended to maintain healthy skin. All Dr. on Demand providers are cross trained in dermatology to manage common skin conditions. [Schedule a visit with a Dr. on Demand Physician today!](#) If you complete an Expert Medical Opinion, you can get rewarded! Learn more about it at Includedhealth.com/Lennox

Visit us at LIIBENEFITS.COM



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 with 3 options.

1. Onsite Health Screening - Go to www.LIiveWell.com to schedule a screening. Ask your local HR representative for dates and times. Onsite Health Screening appointment registration will open July 3rd!
2. 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.
3. 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.

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