

You Matter Most



MARK YOUR CALENDARS!

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

Magellan (EAP) Lunch and Learn - Mental Health, Substance Use and Suicide Prevention

Tuesday, September 12 at 12:00pm CT
Training Room B - Richardson Headquarters and via [Teams](#).

REGISTER FOR THE STEP CHALLENGE INVITATIONAL

Registration for the Lennox Team Step Challenge Invitational is OPEN! Registration closes September 11th! You can register at www.LIiveWell.com! Or download the Wellness At Your Side app to register and track steps during the challenge! The Team with the most steps will win Cool Points!



CHILD'S EYE EXAMS

How a child sees at home, in school and at play can have a lifelong impact. Even under normal circumstances, a child's vision can change more frequently than the average adult. [Learn more](#) about what to look for and what to do as you take care of your child's vision needs.

WOMEN'S HEALTH & FITNESS AWARENESS DAY

National Women's Health and Fitness Awareness Day is September 27th, and promotes the importance of health awareness and fitness for all women. [Learn more](#) about recommended health screenings for women based on age.

[Women's Health and Fitness Event](#) - Outdoor Yoga Sculpt-
September 27th at 12pm to 12:45pm CT. Richardson
Headquarters. Meet in the Courtyard next to the Tower
Garage.

Visit us at LIIBENEFITS.COM

SUICIDE PREVENTION AWARENESS

September recognizes Suicide Prevention Awareness Month. Suicidal thoughts can affect anyone. When someone is experiencing a mental health problem, it's usually difficult for them to ask for help. Mental health allies understand the isolating, often debilitating discomfort of mental health problems. Become a mental health ally by sharing your own mental health stories, and encourage individuals to seek help. You or your dependents are eligible for five, free face-to-face or virtual visits with a network counselor. When you need help, contact [Magellan Health](#) at (800) 424-6015 to obtain a referral number.



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!

9/29 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

Remember! Flu Vaccinations are being offered at many locations! Go to www.LIiveWell.com to see if your site is offering flu vaccines and schedule yours today!