

# Keep Everything In Check

## Check Up on Your Health and Check in For a Health Screening Today.

We believe the key to a healthy life starts with keeping up with preventive screenings. Lennox offers year-round opportunities for you to check in on your well-being so you can stay healthy and feel your best for years to come.

Take control of your well-being today by completing the Health Assessment on [L!veWell](#).

**Here are some recommendations for some of the most common preventive screenings.**

### Annual Health Screening

Help protect your well-being by getting your annual health screening done early! Annual health screenings can help you identify any potential issue before they start, and you do not have to wait to complete one. Visit [L!veWell](#) to schedule your Annual Health Screening through a local LabCorp facility or your primary care physician (PCP). You will also find information about how to submit your screening results. If you have any questions regarding health screenings, please contact your local HR representative.

### Cancer Screenings

Regular screenings can help find and treat many pre-cancers and cancers early before they have a chance to spread. [Learn recommendations for common screenings](#) from the American Cancer Society.

### Blood Pressure Screening

Starting at age 20, everyone should get their blood pressure checked yearly—more often if it is 120/80 or higher.

### Diabetes Screening

If you are aged 35-70 and are overweight or obese, you should have your blood glucose checked to screen for diabetes.

### Transgender and Gender Non-Binary Health

Find screening information and well-being resources about LGBTQ and gender non-binary health from the [Centers for Disease Control and Prevention](#).