

# LIIVEWELL

Updates



FORMERLY  
NATURALLY SLIM

LENNOX  
INTERNATIONAL

LIIVEWELL  
CHOOSE WELL. LIVE WELL.

**Wondr more,  
stress less  
(and lose weight).**

[APPLY NOW >](#)



## Health Screenings. Now What?

You know your numbers. Now put them to work for your total well-being. October is Employee Wellness month and we have a slate of great virtual events, resources and programs to help you live well.

[Read More](#)

MARK YOUR CALENDAR &  
SIGN UP NOW

**Download this newsletter  
for active links!**

There's a reason fad diets and the rules that come with them don't work. LII and Wondr Health are offering a science-based digital weight loss program that teaches you lifelong skills on how to eat the foods you love, lose weight, and keep it off — at no cost to you.

[Click here to download the  
2021 EAP webinar calendar  
& register for your favorite  
topics now.](#)

**Space is limited.**

**Learn more and apply at [wondrhealth.com/Lennox](http://wondrhealth.com/Lennox).**

Apply between October 1 - October 17, 2021.

The program begins on October 25, 2021.

[Click here to download the  
Q4 2021 Financial  
Well-being webinar  
calendar & register for  
upcoming workshops.](#)

\*Employees and spouses on the LII medical plan are eligible to apply.  
Restrictions and eligibility info can be found at [wondrhealth.com/Lennox](http://wondrhealth.com/Lennox).



# Employee Wellness Month

OCTOBER 2021

- Virtual Scavenger Hunt
- Take the Challenge!
- Onsite Events, Virtual Webinars & More!



THE LIINK > PeopleSource > BenefitSource

US EMPLOYEES ONLY

## October is employee wellness month!

This is your opportunity to:  
 Explore your LII benefits and tools for total well-being.  
 Check out wellness webinars and benefits virtual events  
 and win some pretty great prizes!

Keep an eye on your inbox for your first chance to win, starting October 4th!

**JOIN THE VIRTUAL SCAVENGER HUNT**

**VISIT THE NEW BENEFITS WEBSITE: LIIBENEFITS.COM**

**ENTER TO WIN WEEKLY RAFFLE PRIZES!**

Click to learn more

**VIRTUAL SCAVENGER HUNT**  
 VISIT THE NEW BENEFITS WEBSITE: LIIBENEFITS.COM  
 GET TO KNOW YOUR LII BENEFITS.  
 ENTER TO WIN WEEKLY RAFFLE PRIZES!  
 BE READY FOR OPEN ENROLLMENT!

START AT LIIBENEFITS.COM. YOUR ONE-STOP FOR ALL THE LATEST BENEFIT INFORMATION. EXPLORE YOUR BENEFIT OPTIONS, AND TAKE ADVANTAGE OF ALL THE RESOURCES AND TOOLS AVAILABLE TO HELP YOU LIVE WELL AND SAVE MONEY. YOU AND YOUR FAMILY CAN GO ONLINE ANYTIME, FROM ANYWHERE.

DIFFERENT BENEFITS ARE SPOTLIGHTED EACH WEEK. VISIT LIIBENEFITS.COM TO LEARN MORE & FIND THE CLUE.

USE THE CLUES TO COMPLETE THE QUICK 3 QUESTION SURVEY TO BE ENTERED INTO THE WEEKLY RAFFLE FOR PRIZES. APPLE WATCH, SONIC CARE DENTAL SYSTEM, AND MUCH MORE.

BE READY FOR 2022 OPEN ENROLLMENT! KEEP AN EYE OUT FOR BENEFITS MATERIALS TO HELP YOU CHOOSE THE BEST BENEFITS FOR YOU.

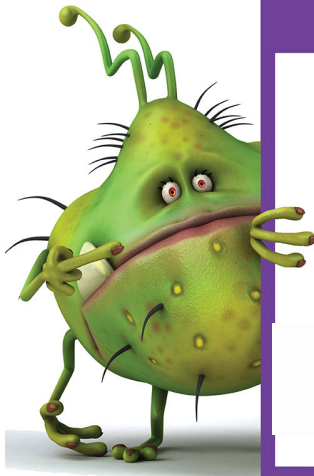
LENNOX INTERNATIONAL | LIVEWELL | CHOOSE WELL. LIVE WELL.

\*US, Non-bargaining unit employees only

LIIVEWELL

CHOOSE WELL | LIVE WELL

wellness  
champions



# PROTECT YOURSELF GET A FLU SHOT!

## REGISTER FOR YOUR **FREE** FLU SHOT!

[Click Here for Onsite Flu Clinics](#)

Cold and Flu Season is here. Protect yourself with an annual flu shot.

Some sites are offering flu shots onsite.

Or you can get your free flu shot at your physicians office or many pharmacies.

[Click the image above to view onsite flu shot options](#)



### We're bringing Calm to the workplace.

Live Meditations  
Tuesdays at 11:30 am CST



LENNOX INTERNATIONAL | LIIVEWELL  
Non-bargaining  
Unit Employees Only

Schedule some calm in  
your workday.

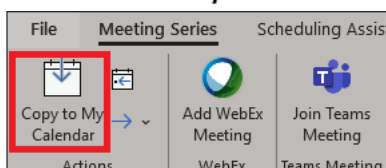
Join us for 10 minute  
meditation sessions  
throughout October.

Tuesdays at 11:30 am CST

**ADD THE ATTACHED CALENDAR INVITE FOR EASY ACCESS AND REMINDERS.**

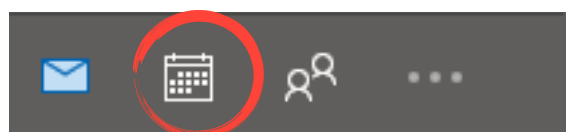
#### Option 1

Open up the attached Calendar Invite & select  
'Copy to My Calendar' then Accept the invite to add  
the reminder to your calendar!



#### Option 2

Drag and drop the calendar invite onto the calendar icon in left bottom tray



# WELL-BEING IS PERSONAL



October is Employee Wellness Month. At LIiveWell, you'll find tools and resources to help you make the most of your well-being during this month and throughout the year.

### Take the Challenge!

This fall, challenge yourself to better your total well-being. Register and complete your Health Assessment.

- It's quick! About 10 minutes.
- Learn where your health stands and find tools to help you make improvements.
- Complete the Health Assessment and you will be entered to win great raffle prizes!

Enjoy better health, well-being and raffle prizes! Just complete the Health Assessment by 10/29/21. Winners will be announced on 11/2/21.

**COMPLETE YOUR**

**HEALTH ASSESSMENT**

\*Note: Completing the Health Assessment is NOT required! Participation is entirely elective.



**\*Note: the Health Assessment is NOT required. Participation is entirely elective.**