

LIVEWELL

Updates



Get your health back on track

According to a study published by the National Institutes of Health, more than one-third of adults have not received recommended screenings for age-associated risks during the pandemic. Moreover, 43% of patients missed routine preventative appointments because of COVID-19.

[Read More](#)

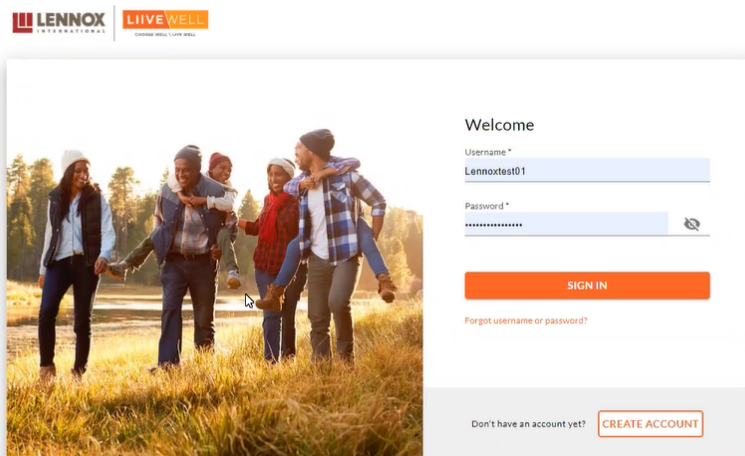
Register for Your Health Screening

Get started at [LlIveWell.com](https://www.livewell.com)

Create an account and choose your Health Screening Option!

If this is your first time visiting the [NEW wellness portal](#), you will need to [create an account!](#)

[Click the image below for a quick video to get started!](#)



What is LliveWell?

LliveWell is a partnership between Lennox and WebMD to help you bring out your best. Based on your personal needs and interests, it will help you set goals, track your progress, keep you motivated, and provide valuable information along the way. Simply register to get started with our programs and services.

MARK YOUR CALENDAR &
SIGN UP NOW

**Download this newsletter
for active links!**

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

[Click here to download the
Q3 2021 Financial
Well-being webinar
calendar & register for
upcoming workshops.](#)




LiveWell Helps You Choose Well


Digital Fitness Choices

FREE 200 Workout Videos
Available to All Eligible Members


 Curated Member Experience

 4,000+ Workout Videos
Available to All Enrolled Members


Well-being Choices


 Live Lifestyle Coaching:
Exercise, Nutrition, and more

 Digital Resources,
Education & Classes

 Connected!
250+ Trackers & Apps

Fitness Membership Choices

 **Standard Fitness Network Choices**
(11,000+) include Fitness Centers, Gender-Specific, Instructor-Based, Senior Centers, and sessions at Fitness Studios, Yoga, Pilates & more.
Member price: \$25/mo.

 **Premium Fitness Network Choices**
(5,000+) include higher priced Fitness Centers, unique experiences like Rock Climbing Gyms, Rowing Centers, and sessions at Fitness Studios, Yoga, Pilates & more.

Member price: \$30-\$200/mo.
(substantial discounts on most memberships)

FITNESS PROGRAM MEMBERSHIP
AS LOW AS
\$25/mo
16,000+ FITNESS CENTERS
4,000+ WORKOUT VIDEOS
Active&Fit
DIRECT

LIVEWELL
LIVEWELL.COM

Keep moving for mental and physical well-being!
Click to Learn More

STAY ACTIVE WITH  Active&Fit
DIRECT

Tools for Total Well-being

Healthy party snacks for everyone



In the mood for a party snack, but don't want to sacrifice your healthy eating plan? No problem! Here are three simple, healthy snacks that you can prepare to satisfy your craving.

[**CLICK HERE FOR 3 HEALTHY FALL RECIPES**](#)



We're bringing Calm to the workplace.

[Learn more →](#)



Your **FREE** Premium Calm Subscription is waiting.

[Click to get started now.](#)



Formerly Naturally Slim
WONDR HEALTH

This is just the beginning.

Wondr gives individuals a better way to better health by teaching real-world skills

- Developing a healthier relationship with food
- Relieving stress and anxiety
- Building a strong immune system
- Creating an active, enjoyable life
- Strategies for better sleep
- Improving overall quality of life



Sleep, stress, and weight management go hand in hand. Take control of all three with the help of Wondr Health!

[Click the image above to watch the latest webinar on the Wonders of Sleep.](#)

Magellan
HEALTHCARE.



Momentum

Caring for a loved one in crisis

Just in case you missed August's webinar, Strategies to Navigate Stress and Build Resilience, click [here](#) to view the recording.

SEPTEMBER WEBINAR: SUPPORTING OTHERS THROUGH THEIR MENTAL HEALTH AND SUBSTANCE USE CONCERNS

- o Learn best practices on how to support and respond
- o Understand when it's time for professional intervention including crisis situations
- o Receive helpful resources including self-care strategies

WEDNESDAY, SEPTEMBER 8, 2021 AT 1:00PM - 2:00PM CT

[CLICK HERE TO REGISTER](#)

Feeling stuck in a financial jam?

1 in 4 participants are feeling stressed about their finances*

Learn how to save while paying off debt visit [NetBenefits®](#) to learn more.



* Based on 93k completed responses of the Financial Wellness Assessment from 04/01/2020-03/31/2021. Investing involves risk, including the risk of loss. Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917 © 2021 FMR LLC. All rights reserved. 931008.2.0

Take control of your financial wellness with tools, tips and support from Fidelity.

[Click to learn more](#)

Livongo

30-Day Water Challenge



Staying hydrated is important—and one of the best things you can do for your body!

When you're ready to start your challenge, your mission is simple: Aim to **drink one more glass of water than you normally would**, each day for 30 days in a row. It's okay if you miss a day here and there, just do your best.

Ready to get started? Time to drink up!

Disclaimer:

If you have been diagnosed with **chronic kidney disease** or **heart failure**, your water needs may be different than most. Check with your healthcare provider before changing your diet or water intake.

This or that?!
Choose a challenge!

Click the image for the details & daily calendar to get started.

Challenge yourself to total well-being

Livongo

30-Day Cardio Challenge



Want more energy? Trying to lose weight? Keeping an eye on your blood sugar or blood pressure? Looking for a mood boost? Cardiovascular activity can help!

We've put together some expert tips, helpful information, and new exercises to inspire you to get moving.

When you're ready to start your challenge, your mission is simple: Aim to get **20-30 minutes of moderate cardio activity each day**. It could be a brisk walk, a run, or a specific exercise you enjoy. Don't worry if you miss a day, just do your best to get into a new, healthy habit.

Time to move forward!