

LIIVEWELL

Updates

BENEFITS TO LIVE WELL.

Visit LIIBenefits.com to learn more about benefits to support your health and well-being.

ENROLL 11/1/21-11/15/21

Save Money

- Answer the Tobacco Use and Working Spouse questions to avoid paying a surcharge in 2022.
- Re-enroll in Flexible Spending Accounts (FSAs), your current elections won't carry over to 2022.

ENROLL NOW >



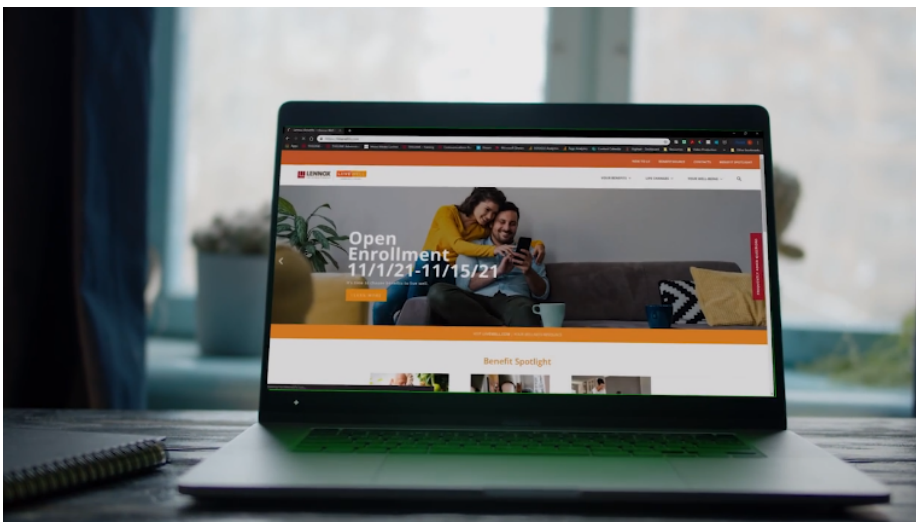
Your NEW Benefits Resource!

LIIBenefits.com is your one-stop for all the benefit information, resources and tools available to help you live well and save money. Review your benefit options before you enroll to make the best decisions for you and your family.

Click the image below to watch the video!



LIIBENEFITS.COM
YOUR NEW BENEFITS RESOURCE!
FOR US AND NON UNION EMPLOYEES ONLY



[Read More](#)

MARK YOUR CALENDAR &
SIGN UP NOW

**Download this newsletter
for active links!**

[Click here to browse and register for upcoming webinars and virtual events.](#)

Take Action for 2022!

This is your annual opportunity to make changes to your benefits, add or remove dependents, and choose the coverage you and your family need for 2022.

Be sure to:

- Answer the Tobacco Use and Working Spouse questions to avoid paying surcharges in 2022.
- Re-enroll in the Flexible Spending Accounts (FSAs) to participate in 2022. Your current elections won't carry over.
- Complete Enrollment and view your Confirmation Statement.

READY TO ENROLL?

Call

BenefitSource at (800) 284-4549,
Monday – Friday, 7 a.m. – 7 p.m. CST

Go online

At Work: THE LIINK > PeopleSource > BenefitSource

At Home: Go to lennox.bswift.com.

Enter your:

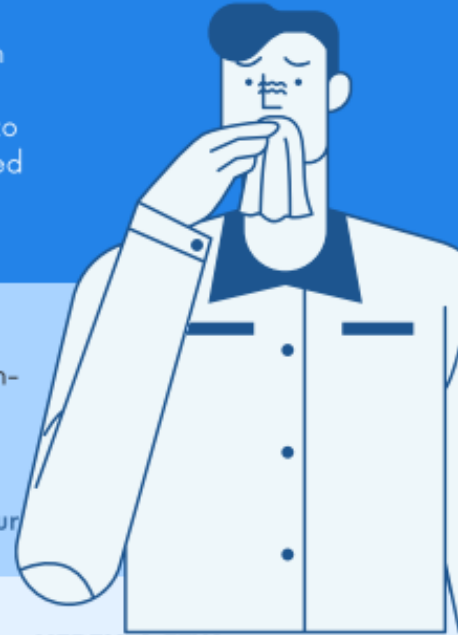
- **Username:** Your Employee ID Number found on your paycheck minus the leading zeros
- **Temporary password:** The last four digits of your Social Security number



Scan the QR code to get started!

2021 FLU SHOTS

The flu affects millions of people each year and can lead to serious illness or even death. One of the best ways to prevent the flu is by getting vaccinated each year.*



EASY ACCESS

- Your OptumRx pharmacy benefit covers routine vaccines at 100% when you use in-network pharmacies.
- Flu shots are typically available on a walk-in basis. Please remember to show your medical ID card before getting your flu shot.



IN-NETWORK PHARMACIES

For a complete list or help finding a pharmacy, contact Quantum Health at www.LIIQuantum.com or 877-220-2279

HERE'S A FEW:

- Albertsons
- CVS Pharmacy
- Walmart
- Kroger
- Walgreens



FOR MORE INFORMATION ON YOUR PHARMACY BENEFIT

Contact Quantum at www.LIIQuantum.com or 877-220-2279

Interested in getting a flu shot at work? Reach out to your local HR for more information.

*Center for Disease Control www.CDC.gov

FLU SHOT RESOURCES

It's that time of year again! Cold & Flu season is here.

Take advantage of your LII benefits to stay well and live well.

Know The Stages of the Flu

Flu season is coming. Unfortunately, it overstays its welcome starting in October and leaving by May. If you're down with the flu, you may wonder, "How long will this last?!" Below, we share the stages of the flu so you can look forward to getting through each stage and feeling better!



Flu Day 0

This is when some people are actually contagious, yet feel fine. You can be out and about doing your normal activities without even knowing you're sick. You most likely contracted it from someone within the last 48 hours.



Flu Day 1

By day 1, the virus will hit you hard. You likely have woken up feeling fine, but as your day goes on, you may start feeling chills, body aches, and tiredness piling on. This is the best time to call your healthcare provider to get an antiviral drug.

Upcoming Financial Webinars

Identity Theft: Prevention, Protection & Resolution

Tuesday, November 9, 2021 at 11:00am – 12:00pm CT

Tuesday, November 9, 2021 at 2:00pm – 3:00pm CT

[Click here to register now!](#)

Financial Forum

Thursday, November 18, 2021 at 11:00am – 12:00pm CT

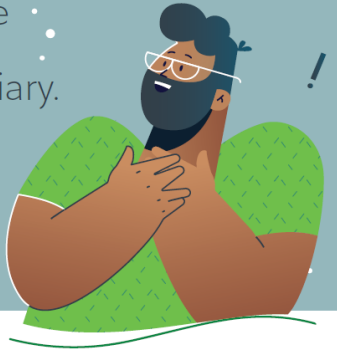
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[Click here to register now!](#)

52% of people don't have a named beneficiary.

What happens to your savings if something happens to you? Make sure you get to decide.

[Declare your beneficiary today.](#)



Fidelity analysis of 18.6M active plan participants with a balance as of 6/02/2021.

Investing involves risk, including the risk of loss.

Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917.

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Recordings are posted online at www.MagellanAscend.com (Explore Financial Wellness).

Eat Well/ Live Well



Flavoring everything from coffee to soups, pumpkin is a fall ingredient that is as flexible as it is delicious. Pumpkins are also rich in vitamins, minerals and antioxidants. Their many nutrients and antioxidants may boost your immune system, lower your risk of certain cancers and promote a healthy heart. They also contain a high content of beta carotene, a carotenoid that your body converts into vitamin A. Vitamin A is helpful to protect your vision. Fill up on pumpkin this fall!

[Click Here for Pumpkin Recipes](#)

With the holidays approaching, aim to choose a lower-sugar option each day for 30 days in a row. You could swap out a sugary treat for a low-sugar alternative, or you might just choose no sugar-added foods and drinks throughout the day. It's okay if you miss a day here and there, just do your best to try out this new habit

[Click Here for 30-day less sugar challenge](#)