

LIIVEWELL

Updates



Heart Health Month

Staying heart healthy and avoiding heart disease is just a few "steps" away when you implement these habits and daily practices.

- Adopt a heart-healthy diet including foods low in added sugars, salt and trans fat.
- Get enough sleep
- Practice good dental hygiene
- Maintain a healthy weight
- Move more throughout the day
- Don't smoke
- And manage stress



[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.](#)**

[Click Here for heart healthy food swaps, tips and recipes.](#)



Say *ahhh* to virtual primary care.

From quick check-ups to full work-ups, now you can get everything you expect from a doctor's appointment, except the office. See a doctor, therapist, or psychiatrist at anytime from your smartphone, tablet, or computer.

Get started by visiting DoctorOnDemand.com/Lennox

Welcome to Doctor On Demand.

From virtual primary care to behavioral health care, we've got you covered. Connect with board-certified doctors, psychiatrists, and therapists who are rated 4.9/5 stars by members like you.

Medical Visits

\$30*

Therapy Visits

\$30*

Psychiatry Visits

\$30*

Virtual Primary Care Services are available to non-union employees** starting 1/1/22.

**With the exception of those ineligible

Getting primary care has never been easier.



Connect face-to-face with your virtual primary care doctor from your smartphone, tablet, or computer



Get a diagnosis and treatment plan, manage chronic conditions, or check in with a wellness visit at anytime

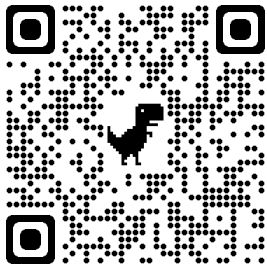


Have prescriptions sent to the pharmacy of your choice, and lab orders to your nearest location

Get started

Join Doctor On Demand® in 3 easy steps.

1. Go to doctorondemand.com/Lennox
2. Sign up and create an account
3. Add your coverage



Scan the QR code to get started.

Our board-certified doctors are your first stop for everyday care from the comfort of your home.

PRIMARY CARE

- Wellness visits
- Labs and screenings
- Chronic care
- Diet and nutrition
- Rx management
- Referrals

URGENT CARE

- Cough
- Cold and flu
- Sinus infections
- Skin rashes
- Asthma
- Urinary tract infections

BEHAVIORAL HEALTH

- Anxiety
- Stress
- Depression
- Trauma
- PTSD
- Bipolar disorder

Building a Thriving Life



Tap into an enhanced way to improve your wellness and manage challenging health conditions like anxiety, depression, chronic pain and sleep problems. It's the Digital Emotional Wellbeing program. Available via mobile app and your member website, the program helps you track your mood, sleep, stress and pain, plus integrate healthy activities into your daily routine as you progress.

Tune In! Check out upcoming live webinar opportunities from Magellan EAP.

Money Matters

February 2022 financial webinars

Understanding Tax Returns

February 8th. Register here: [9 am PT](#) | [12 pm PT](#)

Get the inside scoop on how income tax is calculated, plus types of deductions to take and other ways to reduce your taxes. Explore common tax preparation mistakes.

Social Security & Your Retirement Plan

February 24th. Register here: [9 am PT](#) | [12 pm PT](#)

Learn how Social Security benefits are calculated, and when you should start taking retirement distributions. Other topics include spouse benefits and taxes on your distributions.

Live Webinar—On Wednesday, February 9, join us online for *Social Status: Keeping a Safe and Healthy Relationship with Social Media*. Register [here](#).

[Click Here for More Details](#)



When **you're** ready.

We're here for **you**.

Total Well-being is waiting at [LIiveWell.com](https://www.LIiveWell.com)



[Get Started Now >](#)

Every healthy food choice brings you one step closer to well-being. For help eating more nutritious foods, try the [Balance Your Diet Plan](#) on [LIiveWell.com](https://www.LIiveWell.com).

Go boldly toward well-being.

You can learn how to resist unhealthy urges, prepare healthy meals for the week, and make nutrition work for your lifestyle. As you make progress, Daily Habits will let you know how you're doing and help keep you on track.

By eating healthier, you'll help maintain a healthy weight, reduce your risk for many chronic diseases, and more!



**Set yourself up for success.
Try our menu planner and
food journal.**

[Start Planning](#)



Already eating healthy?

Find the perfect Plan for you. With the Daily Habits tool, you can also start Plans that can help you enjoy exercise, lose weight, stress less, quit tobacco, overcome depression and achieve other well-being goals.

[View Plans](#)