

LIVEWELL

Updates



May is Mental Health Awareness Month

Anyone affected by a mental health condition should be able to get the support and care they need.

- Stigma around mental health and treatment still exists, keeping some who need treatment from getting it.
- When you talk about mental health challenges, they become more normalized and less mysterious.
- If you are struggling, reach out for care. If a loved one is suffering, be willing to listen and understand.

Call your Employee Assistance Program at 1-800-424-6015 (TTY 711) or visit MagellanAscend.com for helpful resources.



[Click Here to Learn More](#)

[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.](#)

Self-care enhancement and enrichment

Are you happy with the state of your physical and emotional health?



No matter where you are today on the “wellbeing” spectrum, you can find ways to boost the quality of your day-to-day life. Register for this webinar to:

- Learn the vital importance of self-care.
- Discover how to find happiness and purpose in your life.
- Adopt techniques to help you achieve an improved mindset and mood.

MAY 11TH

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MONEY MATTERS

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

I want to buy a House

May 10th.

Register here: [9 am PT](#) | [12 pm PT](#)

Your dream of home ownership is achievable! Learn about different types of mortgage loans, review what lenders are looking for, and prepare for closing costs you can expect.

Protecting Your Assets with Insurance

May 26th.

Register here: [9 am PT](#) | [12 pm PT](#)

Review the importance of vehicle, property, life and other insurance types so you can obtain the right coverage for your life and assets. Also learn to shop for the best rates.

Click images to register.

Visit LIIBenefits.com for more information

WELLNESS WEDNESDAY

A monthly series of micro-sessions with tips, tricks and hands on activities to make wellness actionable and attainable!

This month: *Mental Fitness*

Click [here](#) to learn more





Mindful Mondays Challenge

Starting on May 2, Calm will send you an email every Monday. They'll be sharing mindfulness activities to help you build positive, healthy habits. The goal is to support you in prioritizing your mental health and overall well-being.

To unlock your free Calm subscription, visit:

<https://www.calm.com/b2b/lennox-intl/subscribe>

Step 1



Register your benefit
Validate with your Employee ID

Step 2



Download the app and sign in!
Using your personal email

Join the Challenge!

Step 1 - Activate your free Calm premium subscription in less than 3 minutes if you haven't already. Click the image above or use the QR codes.

Step 2 - [Sign up for the challenge](#)

Step 3 - Download the Calm app onto your mobile device so can access the Challenge content

NEW BENEFIT!

- Effective May 1, 2022, we are pleased to offer up to two weeks of paid leave to bond with your new child
- This leave is available to employees who became a legal guardian on or after January 1, 2022
- Parents will have up to 12 months to utilize this benefit from the date of the event

Learn more about your benefits:

LIIBenefits.com