

LIIVIEWELL

Updates



Stay Connected for Total Wellbeing

Having a strong social support network made up of family, friends, or coworkers is an important part of overall wellbeing as fostering lasting relationships with others helps provide comfort in times of stress and shared joy in times of happiness.

The benefits of a strong social network include the following:

- Improved ability to cope with stressful situations
- Alleviated effects of emotional distress
- Promotion of lifelong good mental health
- Enhanced self-esteem
- Lowered cardiovascular risks, such as lowering blood pressure
- Promotion of healthy lifestyle behaviors
- Encouraged adherence to a treatment plan

To experience the benefits of social wellness, build genuine connections and foster healthy, nurturing, and supportive relationships.

[Click Here for 6 ways to improve your Social Wellness](#)

[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.](#)

August Calm Weekly Session

Improve your
mental health

Monday, August 8

SAVE YOUR SEAT >



Magellan
HEALTHCARE.



Learn about available strategies and techniques for making the elements of your life to flow together more smoothly. This live webinar will:

- Define what peace and balance means in modern life.
- Describe how to set practical expectations as part of a healthy mindset.
- Identify strategies to help create calm and manage your work-life flow.

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

LENNOX
INTERNATIONAL

LIVE WELL
WORK WELL. LIVE WELL.

[Login to your LllveWell.com account and click the banner at the top of the screen to access health screening options!](#)
[Click Here to Get a Head Start on Your Health Screening](#)

It's time to check in on your total well-being.

Schedule your Health Screening and get back to living well. LII makes getting your Health Screening easy and convenient with three options.

1. ONSITE HEALTH SCREENING

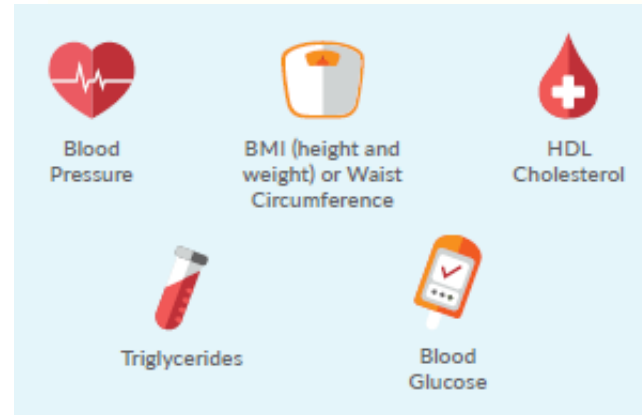
Visit www.LllveWell.com to schedule a screening. Ask your local HR representative for dates and times.

2. LABCORP FACILITY

Visit www.LllveWell.com to find a LabCorp near you that offers "Employee Wellness with Body Measurements." Download the Lab Requisition Form and take it with you. The lab will submit your results automatically.

3. VISIT YOUR DOCTOR

Print the Physician Form on www.LllveWell.com before your exam. Ask your doctor to complete the form during your exam. Either you or your doctor can submit the form via email or fax.



Employees and covered spouses must complete, submit and meet or improve 3 out of 5 metrics by 9/30/2022 to avoid the surcharge.*

Shop Smart

Healthy Grocery Tips Checklist to Save Money and Eat Well



It's all about total wellbeing. Your diet and nutrition have direct impact on your physical and mental wellness, and mental wellness is greatly effected by financial wellness. Eat well, spend smart, and live well for total wellbeing.

[Click the image for 13 smart shopping tips](#)

Living Well with Chronic Conditions



FREE VIRTA WEBINAR

Food as Medicine

Find out how Virta can help you treat type 2 diabetes.

August 16th 12pm CST

[REGISTER NOW >](#)



*US employees only

Learn about:

- Why guidelines like exercise, medication, and surgery don't always make sense
- Nutritional ketosis and how it reduces blood sugar and helps with weight loss

Click the image to register now!

MONEY MATTERS

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

Common Risks to Your Retirement Plan

August 9th

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

Although you may be confident in your retirement strategy, sometimes even the best laid plans fall short. We'll review some retirement risks of which you'll want to be aware.

Understanding Medicare

August 25th

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

With healthcare costs being a large part of everyone's post-retirement budget, this webinar reviews how your out-of-pocket expenses could go up or down depending on when you retire and start receiving Medicare benefits.

Click links above 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: *Occupational Wellness*

The ability to achieve a balance between work and leisure in a way that promotes health, a sense of personal satisfaction and is (for most people) financially rewarding.

Click [here](#) to learn more

