

# Chronic Condition Management

At LII, you and your family's well-being is important. We provide benefits and resources to help keep you and the ones you love happy and healthy. Beat burnout, connect with a Care Coordinator or get a handle on your hypertension. Your LIIveWell benefits are here when you need them.



Get free confidential counselor support over text, chat, phone or video. Live well every day with

## EMPLOYEE ASSISTANCE PROGRAM

[MagellanAscend.com](http://MagellanAscend.com)

Personalize your well-being experience with LIIveWell.com. Take advantage of your no cost health assessment, Daily Habits program, a Wellness Media Library, lifestyle and condition management programs, and more.

**LIIveWell**  
[LIIveWell.com](http://LIIveWell.com)



24/7/365 access to a medical and behavioral health professionals from the comfort and safety of your home. Get peace of mind with

**DOCTOR ON DEMAND**  
[DoctorOnDemand.com/Lennox](http://DoctorOnDemand.com/Lennox)



Manage diabetes with  
**VIRTA HEALTH**  
[VirtaHealth.com/Join/Lennox](http://VirtaHealth.com/Join/Lennox)

- Free diabetes testing supplies
- Medical care from a physician-led care team
- On-demand resources like recipes, grocery lists, and meal plans



Create behavioral skills focused on mindful eating habits, weight loss, and balanced sleep.

**WONDR HEALTH**  
[WondrHealth.com/Lennox](http://WondrHealth.com/Lennox)

Quiet your mind with  
**CALM**

Free guided meditations designed to help you manage stress, sleep better and live a happier, healthier life.



## Discover more about your benefits.

Visit [LIIBenefits.com](http://LIIBenefits.com) for more information.