

Your Health Screening Options

LlveWell makes getting your Health Screening easy and convenient with three options.

1. Onsite Health Screening

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

2. LabCorp Facility

Visit www.LlveWell.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.LlveWell.com before your exam. Ask your doctor to complete the form during your exam. Either you or your doctor can submit the form using one of the following methods:

1. Securely upload (preferred method) online at www.LlveWell.com.
2. Fax to 402-939-0772.
3. Mail to TotalWellness, Attn: Data Team, 9320 H Court, Omaha, NE 68127- Form must be received by 9/30/2024.

Please contact WebMD at 1-844-800-2454, to confirm your lab results were received.

*First-time users will need to register for an account.
LENNOX: NON-UNION SALARIED MAILER



Prepare for Your Health Screening

Follow these tips before your screening.

- Fast from food, drinks and tobacco products for at least 9 hours. Check with your doctor before fasting if you are diabetic.
- Avoid strenuous exercise and alcoholic beverages for 24 hours.
- Drink water to stay hydrated.
- Take your regular medications.



© WebMD Health Services Group, Inc.



Feel Your Best

Complete your Health Screening by 9/30/2024 to avoid paying a surcharge for medical coverage in 2025.



Lennox International Inc.
2140 Lake Park Blvd.
Richardson, TX 75080



Complete your **Health Screening**

by **9/30** to avoid the surcharge.

Get a Health Screening, it's easy and free!



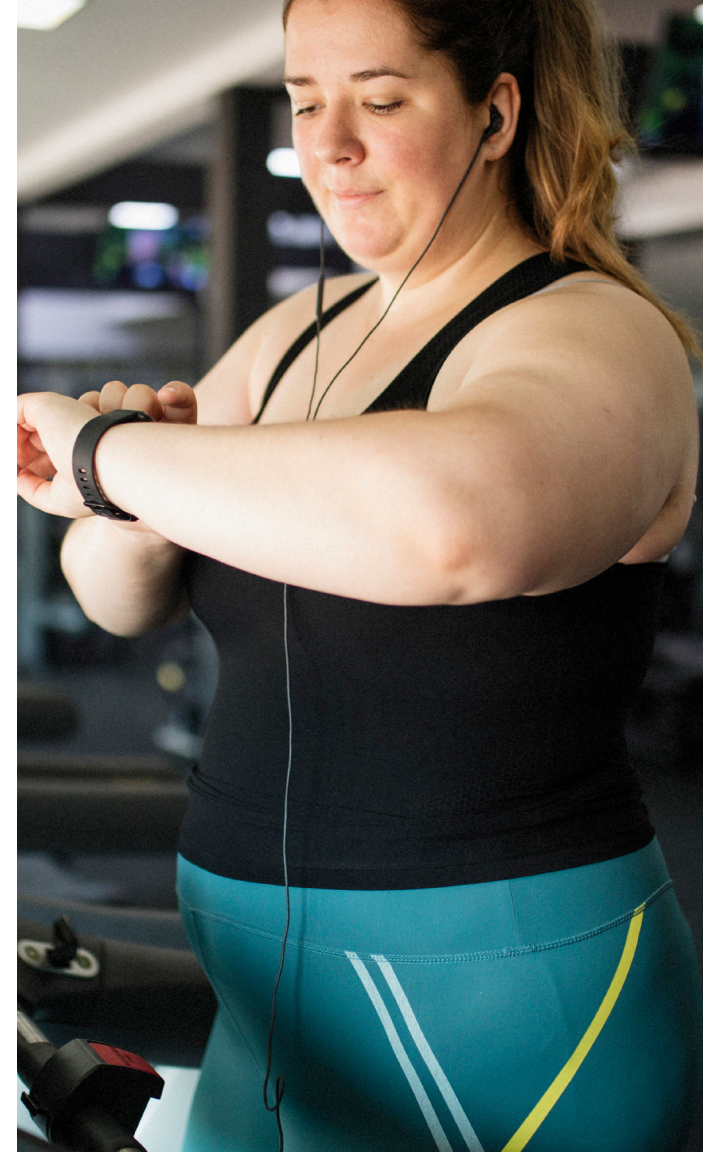
Well-being is Personal

Your well-being should always be a priority. But between work, relationships, home life and managing finances, it can be easy to get caught up in the responsibilities of everyday life and put your health goals to the side.

It's time to move your health to the top of the list, and that starts with getting a Health Screening.

All it takes is a few minutes to complete, and the results will give you a thorough understanding of any potential risks that could become big problems. LIIveWell makes it easy with three convenient screening options!

Employees and spouses enrolled in the Lennox medical plan must complete, submit AND meet or improve 3 out of 5 metrics by 9/30/2024 to avoid the \$75 surcharge.



Get a Health Screening, it's Easy and Free!

Having a good quality of life begins with taking time to check in with yourself and understand your health. Knowing your numbers for each of these five metrics gives you a picture of your overall wellness and helps you plan the next steps to maintain or improve your health.

Healthy Standards



Blood Pressure
Less than 130/85mm Hg



HDL Cholesterol
Men: Greater than or equal to 40mg/dL
Women: Greater than or equal to 50mg/dL



Triglycerides
Less than 150mg/dL



BMI
Less than 25
OR
Waist Circumference
Men: Less than or equal to 40 inches
Women: Less than or equal to 35 inches



Blood Glucose
Less than 100mg/dL



It Pays to Get Healthy

Employees and spouses enrolled in the Lennox medical plan must complete, submit AND meet or improve 3 out of 5 metrics by 9/30/2024 to avoid the \$75 surcharge.*

To avoid the surcharge, follow these steps:

- New employees and covered spouses hired before August 1 must complete a Health Screening.
- Existing employees and covered spouses: Complete and submit a Health Screening as well as meet or improve 3 out of 5 metrics as compared to your 2023 screening results.

*If you are pregnant, you do NOT need to complete a Health Screening. Instead, you must submit the Pregnancy Waiver found at www.LIIveWell.com by 11/29/2024.

*If you are unable to meet these requirements, your physician can sign a Medical Waiver found at www.LIIveWell.com by 11/29/2024.

Scan this code to register, schedule and review your results. You may also visit directly at www.LIIveWell.com.

