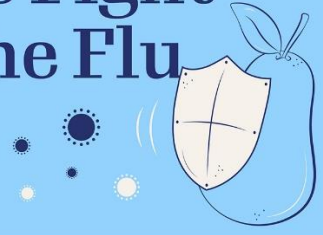


Take the Fight Out of the Flu

A flu shot and a healthy lifestyle can be a one-two punch.



Help pin the flu against the ropes and put it down for the count! By getting a flu vaccine, eating healthy and getting a good night's rest, you can help save yourself from wrestling with the symptoms of the flu.

Flu shots are made available via onsite flu shot clinics that are available at select Lennox locations. Visit www.LliveWell.com to see if your site is hosting an onsite flu shot clinic and to schedule your flu shot appointment.

If you cannot get your flu shot at one of the Lennox onsite flu shot events, or prefer to get your flu shot somewhere else, the Quantum Health Care Coordinators can guide you to nearby locations that provide the flu vaccine. You can contact a Quantum Health Care Coordinator at www.LIQuantum.com or call 1-877-220-2279 Monday through Friday from 7:30am to 9:00pm CST.

Want to keep your immune system in fighting condition? Start a Plan from LliveWell Daily Habits tool.

[START NOW](#)

Get the flu tap out!

Get an annual flu shot

A yearly flu shot provides the best defense against the flu and its symptoms, such as a high fever, sore throat, body aches and in some cases hospitalization or death.

Use your power to prevent it

You can help prevent the flu by washing your hands often, eating a healthy diet, living an active lifestyle, and getting a good night's rest.



SOURCE

Centers for Disease Control and Prevention: "Prevent Seasonal Flu"



Doctor Verified

Melinda Ratini, DO MS | September 2022