

Take Charge of Your Health!

1. Complete the Well-Being Questionnaire:

Go to [LIiveWell.com](https://liveWell.com) and take a few minutes to reflect on your health. Employees who complete the questionnaire between January 1 – April 30, 2025 will be automatically entered into a raffle hosted by WebMD!

2. Use the Preventative Care Checklist:

Print the [Preventative Checklist](#) and keep track of recommended annual screenings that can be completed throughout the year.

3. Don't wait to complete your Annual Health Screening.

Lennox medical plan members and their enrolled spouses can complete their Annual Health Screening at their primary care physician (PCP) or a local LabCorp. The deadline is September 30, 2025. Visit [LIiveWell.com](https://liveWell.com) to download the Physician or LabCorp forms.

4. Get \$100 Wellness Benefit!

Reminder! A \$100 Wellness Benefit is available to each person covered under Lennox's Critical Illness Insurance policy who completes an eligible preventive health screening – this includes the Lennox employee/spouse LIiveWell Annual Health Screening!

5. Quantum Health helps guide you towards better health.

Learn how to better manage your chronic conditions such as asthma, COPD, CAD, CHF and diabetes with Quantum Health. When you complete 100% of your care path activities, you will be eligible to receive specific maintenance medications with a \$0 copay. Log in to your Quantum Health account, select Wellbeing, and begin tracking your care path activities to see if you qualify.

6. Don't have a Primary Care Physician?

Doctor on Demand's licensed providers can virtually treat everyday health needs, acute illnesses, and manage chronic conditions like diabetes and high blood pressure. Eligible medical plan members can access Primary Care services at no extra cost.

7. Detect cancer early.

Eligible Lennox medical plan members age 50+ or between ages 40 – 49 with an elevated cancer risk can access the [GRAIL Galleri blood test](#) to detect multiple cancers at an early stage.

