

ZOLL.



HEALTHY HEARTS!
HEALTHY YOU!

INVEST IN YOUR HEALTH INVEST IN YOURSELF

PROGRAM
OVERVIEW

PROGRAM
OVERVIEW





Healthy Hearts! Healthy You!

Your First Step...

- Use tools to support your health goals
- Earn **500 points** by **September 30, 2023**
- Rewards paid in 2024 – up to \$1,000 per household
 - \$500 for employee; \$500 for spouse
 - **Medical Premium discount** for employees enrolled in a ZOLL medical plan, or
 - **Cash reward** for employees not enrolled in a ZOLL medical plan and spouses






What's New for 2023?

- Early HAQ completion reward
- Additional ways to earn points
 - Attend virtual Healthy Hangout Webinars to earn points toward your reward
- New wellness challenges
- Spring and late summer/early fall onsite screenings





Activities and Point Values

Step 1: 

KNOW YOUR NUMBERS

Activity	Pts
Health Assessment Questionnaire*	350
Biometric and Blood Screening*	

***Required Activities**

Step 2: 

RESULTS AND BEHAVIORS

Activity	Pts	Reward Details
Daily Habits Plan Completion	50	Complete up to 3 plans for maximum points
Health Coaching Session Completion	50	Complete up to 3 sessions for maximum points
Challenge Completion	50	4 challenges planned for the year. Complete up to 3 challenges prior to incentive deadline
Healthy Hangout Attendance (Employees Only)	50	Attend 3 virtual Healthy Hangout Webinars
Blood Pressure	50	In range (Less than or equal to 119.99/79.99) or show improvement
Blood Glucose (Fasting or Non-Fasting)	50	Fasting: In range (Less than or equal to 99.99) or show improvement Non-Fasting: In range (Less than or equal to 139.99) or show improvement
Cholesterol Ratio	50	In range (Less than or equal to 3.5) or show improvement

Employees can also earn up to **3 raffle entries per quarter** by completing any combination of healthy activities listed under Step 2!





Healthy Hangout Webinars

- Attend 3 virtual Healthy Hangout Webinars = 50 points
- Topics include:
 - Food for Thought
 - Exercise and Heart Health



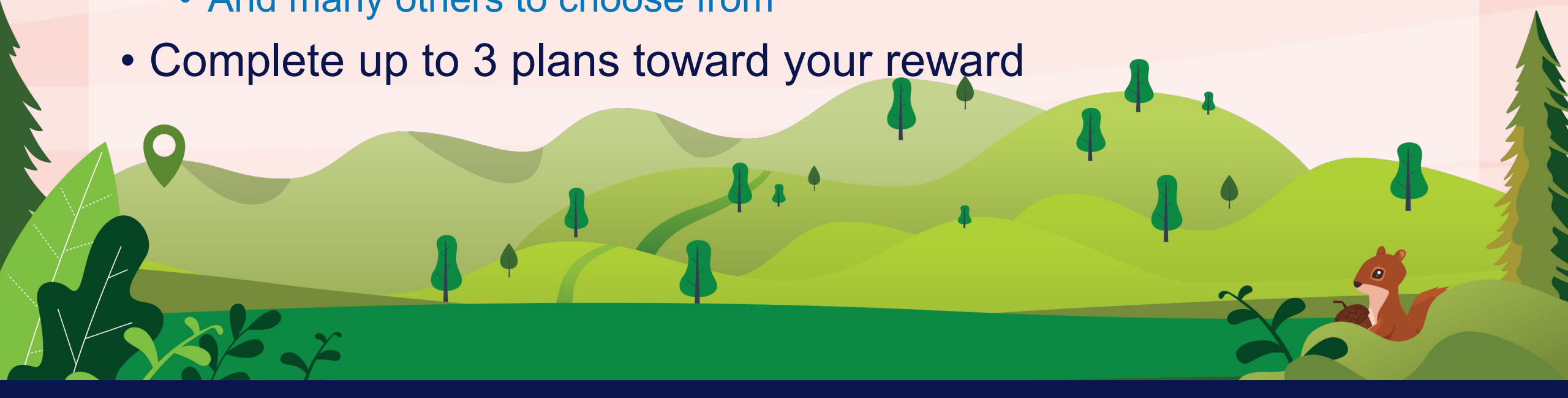


Daily Habits

- Menu of plans to help you improve habits that matter to you, including:
 - Enjoy Exercise
 - Keep Your Stress in Check
 - Balance Your Diet
 - And many others to choose from
- Complete up to 3 plans toward your reward

**+50 pts
each**

**150 pts
maximum**



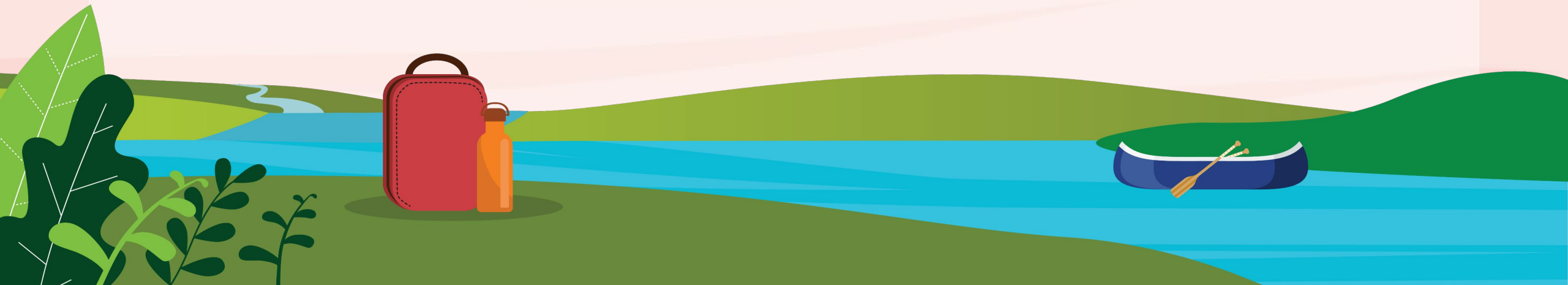


Health Coaching

- Work one on one with a professional health coach to achieve your goals
 - Personalized wellness plans
 - Encouragement and expert advice
 - Flexible scheduling
- Complete up to 3 sessions toward your reward

+50 pts
each

150 pts
maximum



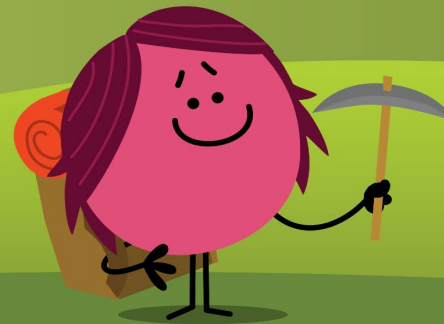


Wellness Challenges

- Four fun and interactive challenges throughout the year
 - Seize the Zzzz's Challenge – Stay tuned!
- Complete up to 3 challenges toward your reward

+50 pts
each

150 pts
maximum





Meet Your Wellness Coordinators

Stephen Bittner, MPH

Sr. Wellness Coordinator:

CMS, DATA and CIRC



Onsite Wellness Promotion: Pittsburgh, PA

- Masters in Public Health from Purdue University Global.
- B.S. in Exercise Science/Kinesiology from Indiana University of Pennsylvania.
- Background in community health and wellness, and non-profit work.
- Loves nature, fishing, playing sports, and spreading positive health and wellness.

Robyn Zagoren-Martichuski, MS

Wellness Coordinator:

RESUS, Respicardia, and Itamar



Onsite Wellness Promotion: MA and RI

- Masters in Sports Medicine from Northeastern University.
- B.S. in Physical Education and Health from Boston University.
- Background in education—Hofstra University and the USMMA, athletic training, and employee wellness.
- Loves reading, hiking, sports, art, and everything wellbeing.





Let's Get Started!

- Create an account
 - Visit <https://webmdhealth.com/zollwellness>
 - Input your Registration ID: Last 6 digits of your Social Security Number + Date of Birth
- Complete the Health Assessment Questionnaire
- Complete your Biometric and Blood Screening
- Download the **Wellness at Your Side** app
 - Connection Code: **ZOLL**





Questions?

