



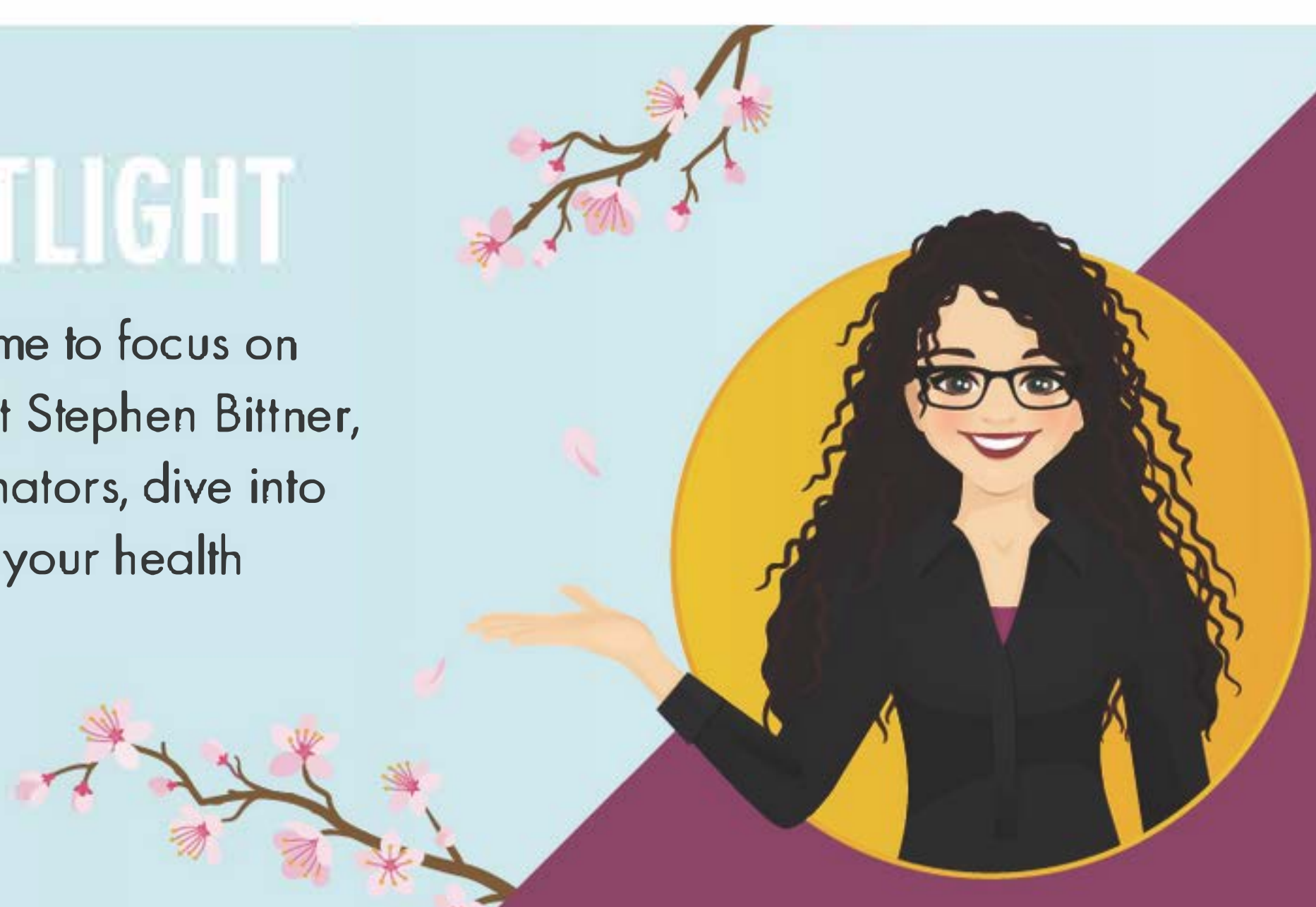
THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

It's a new year – and a great time to focus on your wellness. Alyson and guest Stephen Bittner, one of ZOLL's Wellness Coordinators, dive into how to get the most support for your health and wellness goals.



[WATCH TODAY](#)

Upcoming Events

Attend Free Webinars

Your ZOLL Benefits offer webinars to support well-being in every area of your life – physical, emotional, financial and work/life balance.



CAPTRUST

January 19

Care.com

January 10, 11, 18, 19, 25, 26

Cigna EAP

January 18

Fidelity Financial Wellness Series

January 11, 13, 17, 24

Fidelity Web Workshops

Every Monday – Friday in January

Health Advocate

January 19

Healthy Hearts! Healthy You!

Attend Virtual Office Hours and Virtual Healthy Hangout Webinars:

Mondays, 12:00 p.m. – 1:00 p.m. ET

Virtual Healthy Hangout Webinar: Food for Thought

January 16

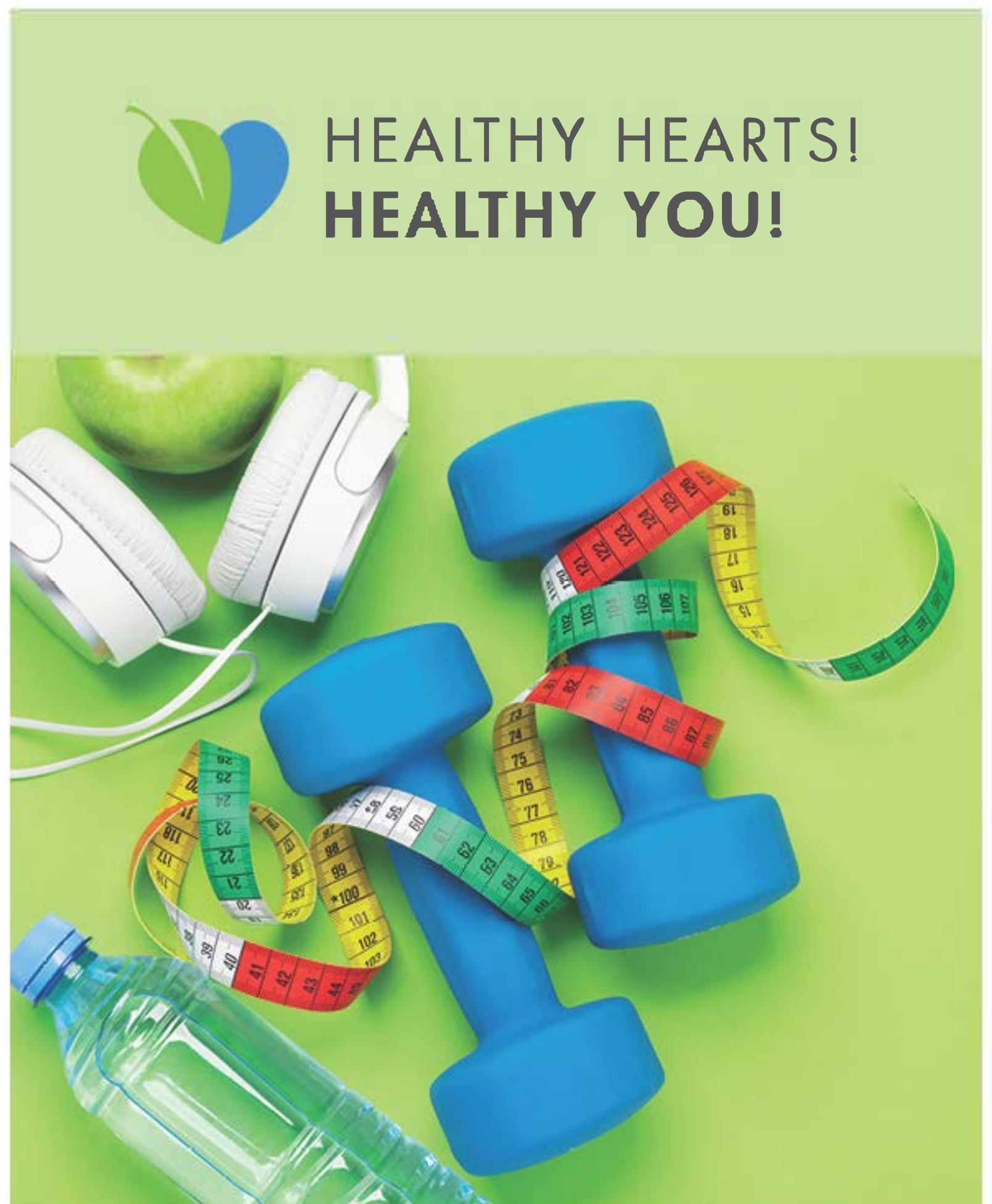
[VIEW CALENDAR](#)



New Year, Healthier You

Explore easy tips and tools to help you feel your healthiest and happiest in 2023. Take the next steps in Healthy Hearts! Healthy You! to earn your \$500 reward.

[LEARN MORE](#)



It's Time to Get Healthy and Earn Your 2023 Healthy Hearts! Healthy You! Reward!

- Attend Virtual Office Hours and Virtual Healthy Hangout Webinars with ZOLL's Wellness Coordinators.
- Start earning points to receive your \$500 reward for 2023.

January Highlight: January focus is Healthy Weight

- **Daily Habit:** Lose Weight
- **Virtual Healthy Hangout Webinar:** Food for Thought

[LEARN MORE](#)



Focus on Your Finances

Celebrate Financial Wellness Month by using simple strategies to boost your finances. Fidelity and CAPTRUST are here to support you as you pay off debt, budget, save and invest.

[LEARN MORE](#)



DID YOU KNOW?

31% of people with a financial New Year's Resolution want to save more. Fidelity can help you build your savings in easy ways.

[LEARN MORE](#)

[START EXPLORING](#)

ZOLLBenefits.com