



# THE BEAT

YOUR MONTHLY BENEFITS UPDATE



## ALYSON'S SPOTLIGHT

### Maximize Your Pharmacy Benefits!

August is National Immunization Month, and it's the perfect time to discover how you and your family can optimize your pharmacy benefits. Alyson is joined by Tanya Riley, ZOLL's Director of Health Plan Programs, to share expert tips to get the most out of your pharmacy benefits and save money. Tune in to better understand how it works with your medical plan so you can maximize your savings!



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.



## Fidelity Financial Wellness Education Series

August 7 | 2:00 pm ET

### Quarterly Market Updates

This workshop is for individuals who want to learn more about the current market conditions and how they can impact an investment strategy. Join us to learn what happened in the financial markets last quarter, such as how the different asset classes performed.

REGISTER TODAY!

August 14 | 2:00 pm ET

### Navigating Market Volatility

Learn about the importance of having a plan and staying the course, investing best practices and common pitfalls to avoid during volatile markets. The goal is for you to establish a plan if you don't have one, feel comfortable with your plan and know where to get help.

REGISTER TODAY!

August 28 | 2:00 pm ET

### Estate Plans Can Help Protect What Matters Most

If you haven't created an estate plan yet, you'll be surprised how many topics it covers. Learn five steps to consider when preparing to meet with your estate planning professional.

REGISTER TODAY!

## HEALTHY HEARTS! HEALTHY YOU!

August 12 | 12:00 pm ET

### WebMD

#### Cognitive Restructuring: Reframing Your Mindset and Taming Your Inner Circle

Join our Wellness Program Coordinators, Robyn and Stephen, and learn how to recognize, understand, and overcome the negative messages of your inner critic and shift your thinking to judge yourself less. Self-exploration and activities are sprinkled throughout the webinar.

**\$ This is a rewardable activity \$**

LEARN MORE!

August 15 | 1:00 pm ET

### Care.com

#### Succeed at Work: Maximizing Your Time

Time management and organizational skills are critical to successfully balancing work, life, and family. You will learn strategies and tips for organizing and managing that will make a critical difference in the quality of your work and life.

REGISTER TODAY!

August 21 | 2:00 pm ET

### Cigna EAP

#### Everyday Mindfulness

A mindful perspective has the power to reduce your sense of stress and boost your spirit. We'll talk about simple ways to weave it into everyday life.

REGISTER TODAY!



## Become a Savvy Investor!

Attend the Financial Wellness Education Series in August to learn about saving and investing beyond retirement.

REGISTER TODAY



## GET TO KNOW YOUR PHARMACY BENEFITS!

When it comes to prescription drug coverage, ZOLL medical plans make medications and immunizations more accessible and affordable for you. It's important to understand how they work with your medical plan so you can maximize your savings and take advantage of services like immunizations at your local pharmacy. Head over to this month's blog to learn more about your coverage, explore your savings, and stay up to date on your health!

LEARN MORE



## HEALTHY HEARTS! HEALTHY YOU!

### The Financial Wellness Challenge has Started.

Check out the list of suggested activities to help you improve your financial well-being and get fiscally fit. And, as a bonus, you can earn points toward your \$500 Reward!

LEARN MORE



## DID YOU KNOW?

You can save on your prescriptions by using the Optum Home Delivery service for your maintenance medications. You will receive three months of medication for the cost of two months' worth of copays. And they ship free, right to your door.

LEARN MORE

START EXPLORING

ZOLLbenefits.com