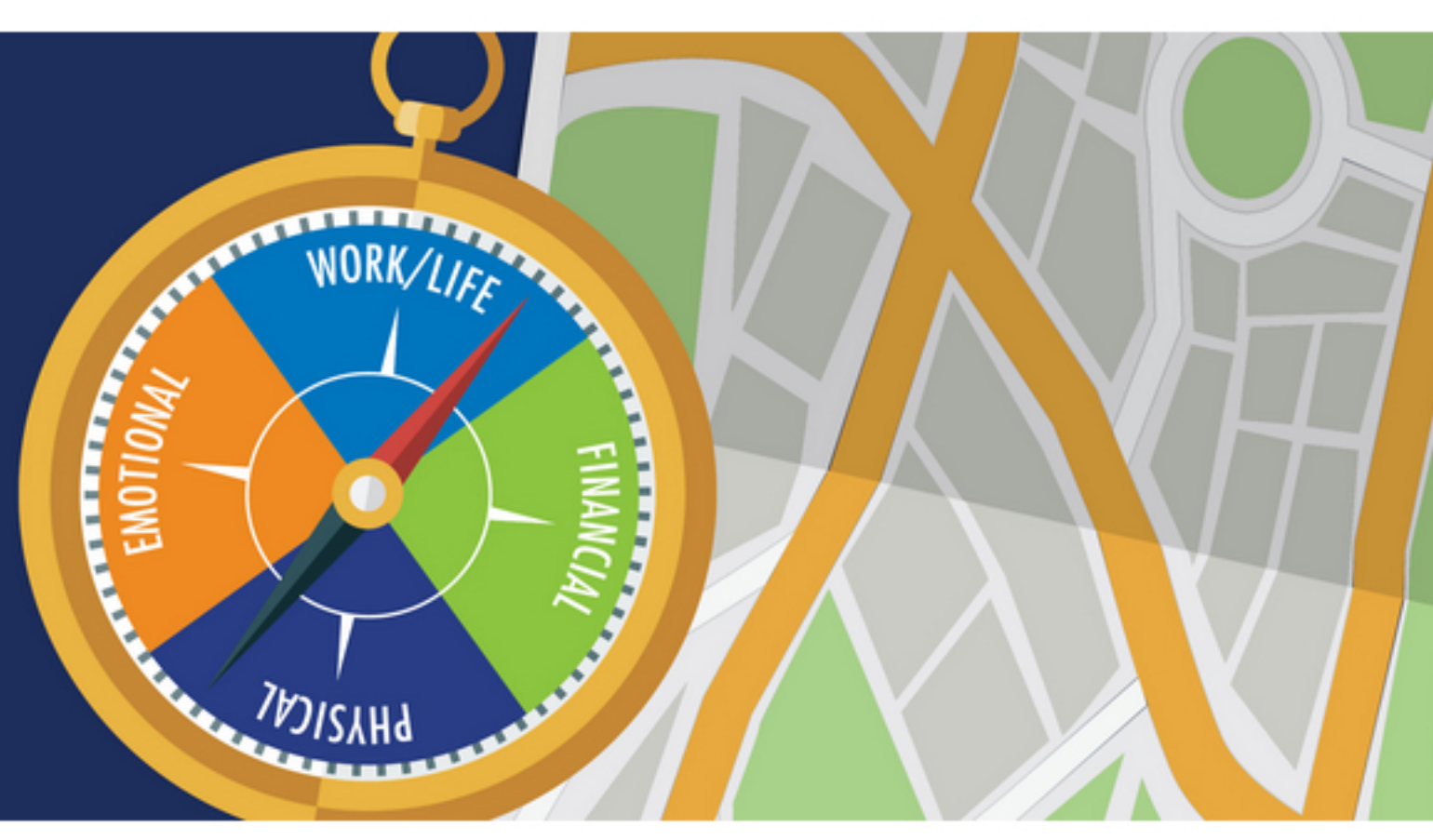


THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

June is Men's Health Month! Alyson is joined by Zach Silvia, an Account Manager at UnitedHealthcare, to talk about why it's important for men to be mindful of their physical and mental well-being. Watch this month's segment to learn about all the options for scheduling a preventive check-up, getting a screening, or reaching out for emotional support.



[WATCH TODAY](#)

ZOLLbenefits.com is better than ever!

Access more resources and quick links at your fingertips!

[CLICK TO WATCH!](#)



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.



June 7 | 2:00 pm ET

Cigna EAP

Diversity: Let's Talk About It

Diversity – it can be a challenging topic. As humans, we gravitate to others who remind us of ourselves; we find comfort there. Diversity-related issues can leave us feeling unsure, defensive, or even combative. Understanding why it's a challenge, building awareness, and gaining interpersonal skills can help us navigate with greater confidence and play a part in creating more inclusive environments.

[REGISTER TODAY!](#)

June 14 | 1:00 pm ET

Care.com

Financial Wellness: Preventing Identity Theft

This webinar provides information on identity theft, including prevention and coping tips. We will discuss how it occurs, prevention, immediate steps for victims, and helpful resources.

[REGISTER TODAY!](#)

June 15 | 1:00 pm ET

Care.com

Succeed at Work: Diversity in the Workplace

This webinar discusses strategies to prevent behaviors that interfere with the ability to work with people who are different. You will learn how perceptions, assumptions, and biases develop and how they impact our responses.

[REGISTER TODAY!](#)

June 19 | 12:00 pm ET

Healthy Hearts! Healthy You!

Virtual Healthy Hangout: Mindfulness and Health

Join your Wellness Coordinators, Robyn and Stephen, to define mindfulness and to learn the benefits of mindful practices and how they can help with stress management, impact eating behaviors, and improve physical activity.

[REGISTER TODAY!](#)

June 21 | 2:00 pm ET

Cigna EAP

Try It! Explore New Things

Go to work. Go home. Go to bed. Repeat. If you feel like you're going through the motions, but not really living, this seminar is for you. Learn how to tell if you're in a rut and get strategies to break out of it. We'll share ideas and inspiration to help you reap the rewards of trying new things.

[REGISTER TODAY!](#)

June 22 | 1:00 pm ET

Care.com

Your Healthy Lifestyle: Healthy Meal Planning

Learn how to feed your family healthy foods on a budget, how to identify healthy foods, and how to incorporate them into your meals. We will discuss portion control and instruct on how to read and understand food labels.

[REGISTER TODAY!](#)

Be Mindful About Men's Health

Sometimes all it takes is a gentle reminder that the men in our lives need care too in order to stay healthy. As we celebrate Men's Health month in June, it's important to know how to best support their physical and mental well-being. Learn how free preventive care, eating healthy, getting regular exercise, and knowing where to go for help, can go a long way to living a healthier and more fulfilling life.

[LEARN MORE](#)



HEALTHY HEARTS! HEALTHY YOU!



Have You Earned Any Points Toward Your \$500 Reward? Get Started Today!

- Register for Healthy Hearts! Healthy You!
- Complete your Health Assessment Questionnaire
- Get your Biometric and Blood Screening. Watch for on-site screenings near you.
- Participate in healthy activities or have healthy results

June Highlights

- **Virtual Healthy Hangout:** Mindfulness and Health
- **Daily Habit:** Stay Connected
- **Wellness Challenge:** The Financial Wellness Challenge has ended. Winners will be announced soon.

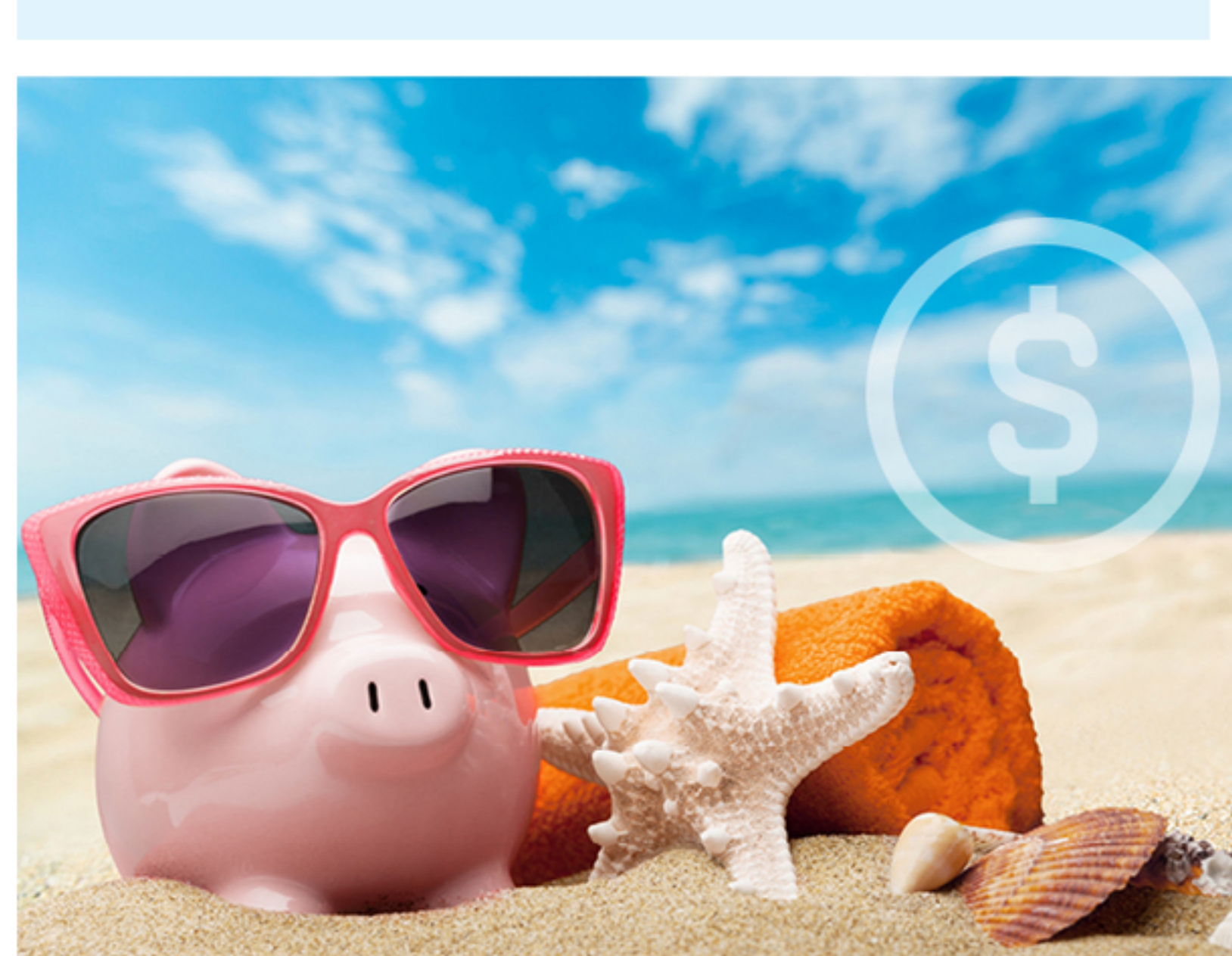
[LEARN HOW](#)



DID YOU KNOW?

You never have to miss another webinar? ZOLL employees have access to lots of informative and fun webinars on all sorts of topics. If you can't make the live webinar, on-demand recordings are usually available for those who registered. Sign up and watch at your convenience.

[LEARN MORE](#)



The Financial Wellness Challenge has ended but you can always participate in suggested activities to feel good about your finances and save for the future.

[LEARN MORE](#)

[START EXPLORING](#)

[ZOLLBenefits.com](#)