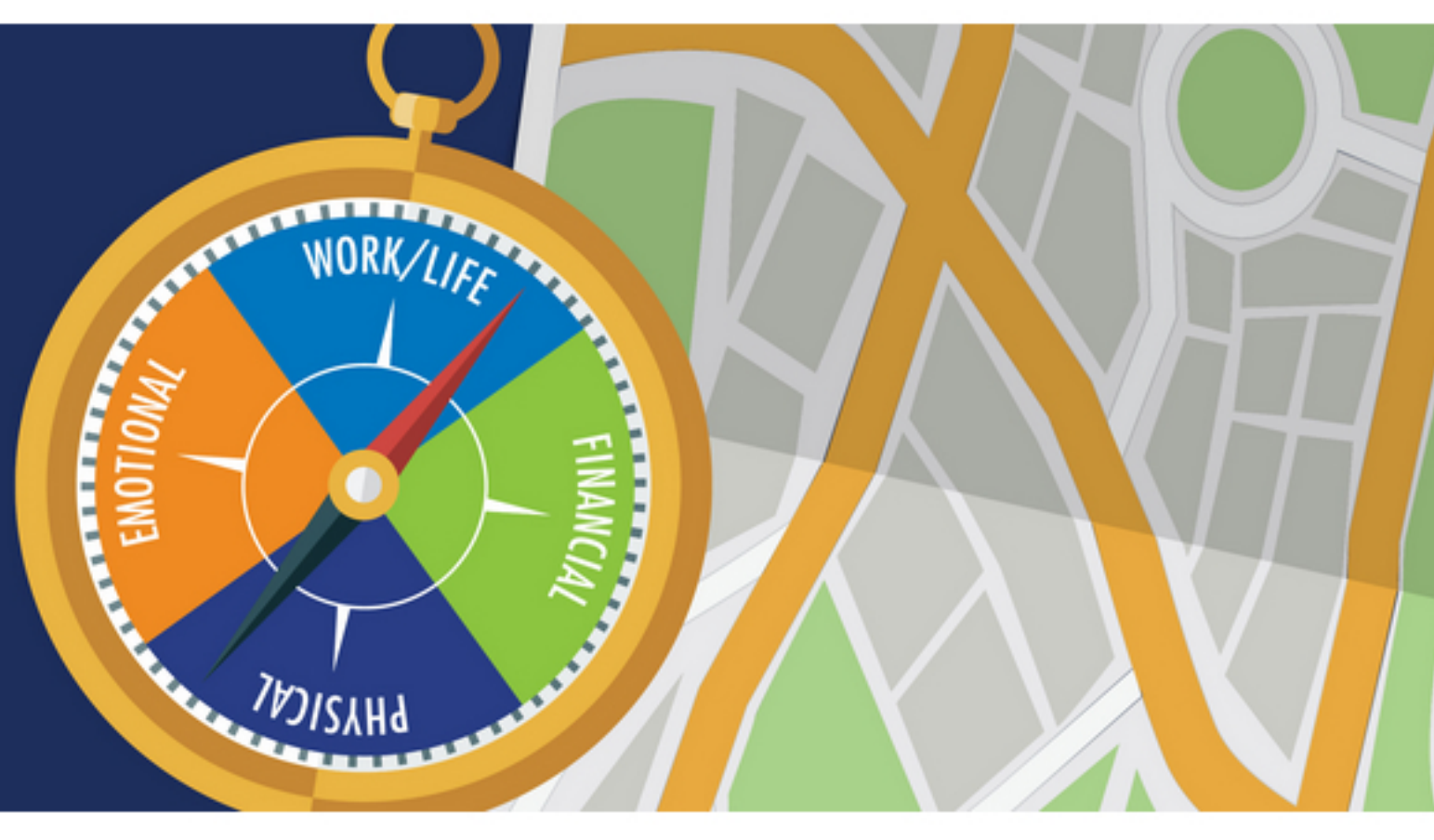


THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Hurry, You Can Still Earn Your \$500 Reward!

September 30, 2023 is that magic date! Alyson and Sophia Franzese, Resuscitation's Health & Wellness Administrator, remind you to get your Biometric and Blood Screening, and meet with a Health Coach to earn your final points toward your \$500 Healthy Hearts! Healthy You! Reward. You can do this. Let them point you in the right direction.



[WATCH TODAY](#)



HEALTHY HEARTS!
HEALTHY YOU!

EARN YOUR
\$500
REWARD

**HURRY! DEADLINE:
SEPTEMBER 30, 2023**

Take Action Now!

Complete your \$500 Reward requirements:

- Meet with a Health Coach
- Schedule your Biometric and Blood Screening
- Check your point status
- Talk to a Wellness Coordinator
- So much more!

[HEALTHY HEARTS! HEALTHY YOU! PORTAL](#)

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.



**September 30, 2023
Deadline!**

**Complete your Healthy
Hearts! Healthy You!
Requirements to earn your
\$500 Reward!**

**September 11 and 25
12:00 pm ET**

Healthy Hearts! Healthy You! Virtual Office Hours

Wellness Coordinators Robyn and Stephen will be available to answer your questions and check your points status.

9/11 12:00 PM (ET)

9/25 12:00 PM (ET)

September 18 | 12:00 pm ET

Healthy Hearts! Healthy You! Virtual Healthy Hangout: Family Well-Being

Join your Wellness Coordinators, Robyn and Stephen, to learn how to make well-being a top priority for you and your family.

[REGISTER TODAY!](#)

September 12 | 2:00 pm ET

CAPTRUST

The 25 Documents Every Person Should Have

This presentation will discuss Wills, Revocable Trusts, Durable (financial) Power of Attorney, Medical Power of Attorney, and Declaration for the Desire for a Natural Death (living will). What is necessary?

[REGISTER TODAY!](#)

September 13 | 1:00 pm ET

Care.com

Financial Wellness: The Importance of Having a Will

You work hard and should make sure that your money and other assets end up where you want them to once you are gone. This webinar will help you understand the basic principles and important components of a will, in addition to alternative options.

[REGISTER TODAY!](#)

September 19 | 12:00 pm ET

Cigna EAP & My Secure Advantage

Federal Student Loan Repayment Programs + FAQs

Our panel of Money Coaches will discuss the latest government programs tailored to help you find the best repayment strategy for your budget, lifestyle, and career goals. Get answers to pre-submitted questions and ask your own in real time.

[REGISTER TODAY!](#)

September 20 | 2:00 pm ET

Cigna EAP

Know Your Numbers (Webinars available in English and Spanish)

BMI, BP, HDL, LDL! What does it all mean!? Get simple explanations of biometric numbers and ideas for improving them.

[REGISTER TODAY! \(ENGLISH\)](#)

[REGISTER TODAY! \(SPANISH\)](#)



Check Your Points to Earn Your \$500 Reward!

Reach out to your Wellness Coordinators, Robyn and Stephen, to help you find your points status so you can be sure to earn your \$500 Reward. Your spouse can earn \$500 too, even if you don't! Head to the blog for details and contact information. There is still time, but you have to act fast!

[LEARN MORE](#)



Health Coaches Are On Your Side!

Your coworkers say it best! "I continue to apply suggestions the Health Coach made and I am completely satisfied and thrilled with the results."

Health Coaching is free through the Healthy Hearts! Healthy You! Program. Together you can develop a personalized plan to help you meet your wellness goals. You have nothing to lose and \$500 to gain!

[LEARN MORE](#)



September Highlights

- **Virtual Healthy Hangout:** Family Well-being
- **Daily Habit:** Diabetes
- **Wellness Challenge:** Thank you for participating in The Invitational Team Steps Challenge. Watch for the winners to be announced.

[LEARN MORE](#)



Do You Know Your Numbers?

You learn important health information and earn 350 points toward your reward by filling out a simple Health Assessment Questionnaire and completing your Biometric and Blood Screening by September 30, 2023.

Hurry, there is still time to:

- Schedule an appointment at a Quest Patient Service Center; or
- Download the Physician Results Form from the Quest Portal for your doctor to fill out and submit.

Visit the Healthy Hearts! Healthy You! Portal today and look for the Quest Biometric Screening card on your homepage.

[LEARN MORE](#)



DID YOU KNOW?

ZOLL awarded almost \$1,000,000 in Healthy Hearts! Healthy You! Rewards this year! Did you earn yours?

[READ MORE](#)

[START EXPLORING](#)

[ZOLLBenefits.com](#)