



# THE BEAT

YOUR MONTHLY BENEFITS UPDATE



## ALYSON'S SPOTLIGHT

It's Heart Month, and not just for Valentine's Day. Alyson and guest, Sophia Franzese, Resuscitation's Health & Wellness Administrator, talk about the importance of taking care of your heart... one of the best things you can do for yourself and the ones you love.



[WATCH TODAY](#)



HEALTHY HEARTS!  
HEALTHY YOU!



**Complete your Health Assessment Questionnaire by March 31st! Be on your way to \$500 and get a prize!**

[GET STARTED 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

February 15

#### Care.com

February 2, 8, 14, 15, 16, 22, 23

#### Cigna EAP

February 8, 22

#### Fidelity Web Workshops

Every Monday - Friday

#### Black History Month

February 16

#### America Saves Week

February 27 - March 3

#### Health Advocate

February 16

#### Healthy Hearts! Healthy You!

##### Virtual Office Hours

February 6, 13, 27  
12:00 p.m. - 1:00 p.m. ET

##### Virtual Healthy Hangout: Exercise and Heart Health

February 20  
12:00 p.m. - 1:00 p.m. ET

##### Healthy Hearts! Healthy You! 2023 Program Kickoff

February 7, 8, 9

##### Seize the Zzzz Sleep Challenge

**Registration:** February 1 - 22  
**Challenge:** February 15 - March 14

[VIEW CALENDAR](#)



### Take Heart!

Could you recognize the symptoms of a heart attack if it were happening to you or a loved one? The symptoms for men and women differ greatly. Learn how exercise can boost heart health with this month's **Virtual Healthy Hangout**. And consider joining the **American Heart Walk** with your ZOLL peers to get moving, raise some money and have loads of fun.

[LEARN MORE](#)



HEALTHY HEARTS!  
HEALTHY YOU!



### Join Healthy Hearts! Healthy You! Get Healthy and Earn \$500!

- Attend Virtual Office Hours and Virtual Healthy Hangouts with ZOLL's Wellness Coordinators
- Start earning points to receive your \$500 reward for 2023
- Watch for information about onsite Biometric and Blood Screenings



**Complete your Health Assessment Questionnaire by March 31st and get rewarded!**

### February Highlight: February Focus is Heart Health

- **Daily Habit:** Coronary Artery Disease/Healthy Blood Pressure
- **Virtual Healthy Hangout:** Exercise and Heart Health
- **Wellness Challenge:** Seize the Zzzz Sleep Challenge

[LEARN MORE](#)



### Pay Down Debt = Saving Money!

Don't let debt overwhelm you. With Fidelity and CAPTRUST at your side, you can learn the best ways to pay down your debt in a way that works for your financial situation. Learn about savings strategies during **America Saves Week** and get the support you need.

[LEARN MORE](#)



### DID YOU KNOW?

Someone in the U.S. has a heart attack every 40 seconds. Learn how to protect yourself and your heart. Attend the **Virtual Healthy Hangout** and learn about heart health.

[LEARN MORE](#)

[START EXPLORING](#)

[ZOLLBenefits.com](https://ZOLLBenefits.com)