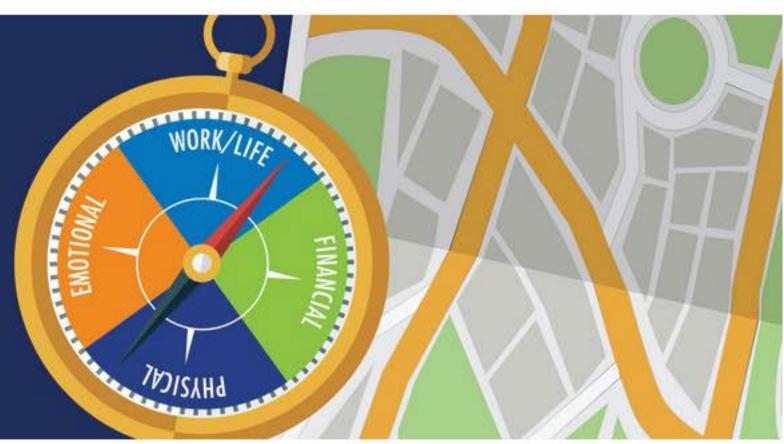




THEBEAT

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







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

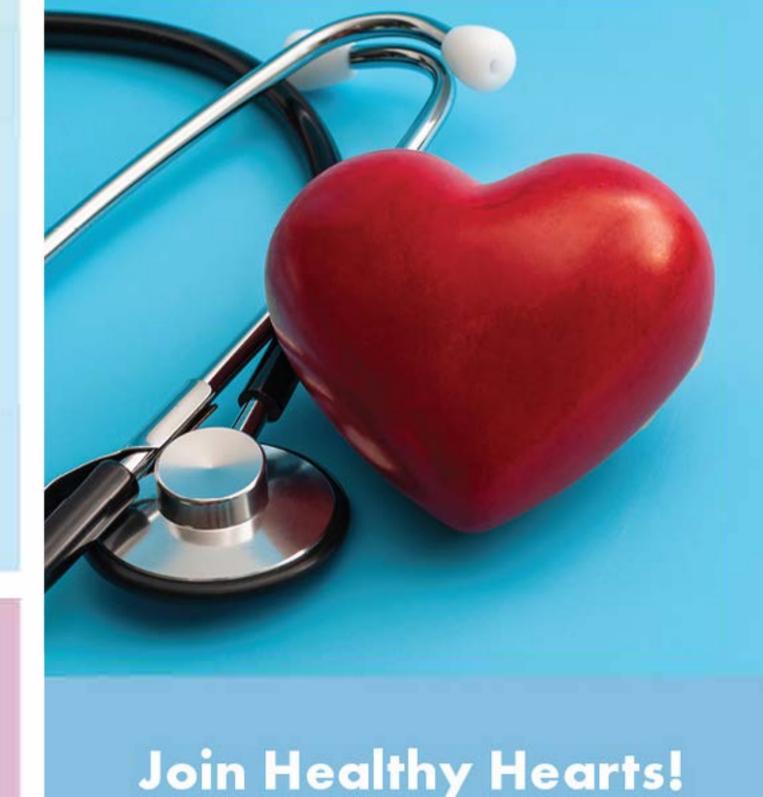


Take Heart!

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 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

Disease/Healthy Blood Pressure Virtual Healthy Hangout:

Exercise and Heart Health

Daily Habit: Coronary Artery

• Wellness Challenge: Seize the Zzzz Sleep Challenge

LEARN MORE



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



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