



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Let's hear it for the women in our lives! As we celebrate Women's History Month and International Women's Day, Alyson is joined by Sarah Paratore, Resuscitation's Copy Writer and Content Editor as well as a representative of the Women LEAD ERG. Learn more about how the ERG is helping women at ZOLL build their skills and confidence.



[WATCH TODAY](#)



**HEALTHY HEARTS!
HEALTHY YOU!**



Onsite Biometric and Blood Screenings start soon. Check the calendar for your location.

[REGISTER 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.



Care.com

March 15

Cigna EAP

March 8, 22

Fidelity Web Workshops

Every Monday - Friday

Women's History Month Series

March 7, 14, 20, 28, 30

America Saves Week

February 27 - March 3

Health Advocate

March 16

Healthy Hearts! Healthy You!

**Virtual Healthy Hangout:
Nutrition Made Easy &
Trivia Game**

March 20

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

**Healthy Hearts! Healthy You!
Onsite Biometric and Blood
Screenings**

March 22 - April 27

Check the calendar for your location.

Seize the Zzzz Sleep Challenge

Challenge: Ends March 14

[VIEW CALENDAR](#)



Strong Women Supporting Strong Women.

March 8th is International Women's Day, where we recognize the achievements and challenges of women. It's also just as important to recognize ourselves. Wherever you are in life's journey, ZOLL provides programs and benefits to keep you on track and support your physical, emotional and financial health.

[LEARN MORE](#)



**HEALTHY HEARTS!
HEALTHY YOU!**



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

- Attend Virtual Healthy Hangouts with ZOLL's Wellness Coordinators
- Start earning points to receive your \$500 reward for 2023
- Onsite Biometric and Blood screenings are starting soon, register on the Healthy Hearts! Healthy You! Portal today!



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

Let's Talk Money, Ladies!

March is **Women's History Month** and Fidelity is highlighting the impact of career and money on women today. Learn how to start making positive changes for tomorrow.



[LEARN MORE](#)



DID YOU KNOW?

2/3 of student debt is carried by women and women carry about 10% higher student debt – that means it takes 2 years longer to pay off. Learn more about a 529 Education Savings Account.

[LEARN MORE](#)

March Highlight: March Focus is Nutrition Made Easy

- **Daily Habit:** Balance Your Diet
- **Virtual Healthy Hangout:** Nutrition Made Easy and Trivia Game
- **Wellness Challenge:** Seize the Zzzz Sleep Challenge

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[START EXPLORING](#)

ZOLLBenefits.com