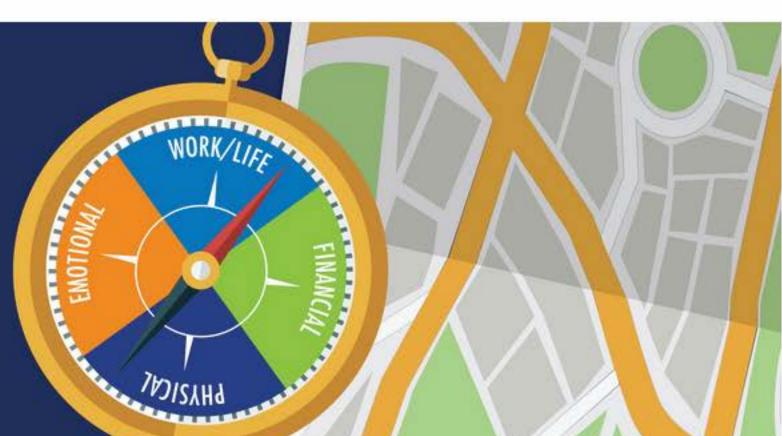




THE BEAT

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







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 YOU!

HEALTHY HEARTS!

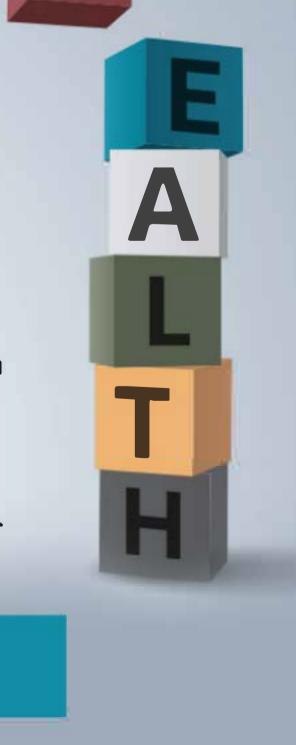


Money, Ladies! March is Women's History Month and

Let's Talk

Fidelity is highlighting the impact of career and money on women today. Learn how to start making positive changes for tomorrow.

LEARN MORE



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!



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 Focus is Nutrition

Made EasyDaily Habit: Balance Your Diet

March Highlight:

- Virtual Healthy Hangout:
 - Nutrition Made Easy andTrivia GameWellness Challenge: Seize the

LEARN MORE

Zzzz Sleep Challenge

ZOLLBenefits.com

START EXPLORING