



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

We often associate Spring with all things cleaning, and that includes our finances. It's a great time to take a look at your financial situation. Join Alyson and John Halk, an Account Manager from CAPTRUST, as they discuss how CAPTRUST's Financial Wellness & Advice program can help you eliminate debt and build your financial future.



[WATCH TODAY](#)



HEALTHY HEARTS!
HEALTHY YOU!



Hurry! Onsite Biometric and Blood Screenings end on April 27. Check your location and register today to earn points toward your \$500 Reward!

[REGISTER TODAY](#)



Get Healthy and Earn Rewards with Healthy Hearts! Healthy You!



[PLAY TODAY!](#)



Breathe In to Let Stress Out!

As the weather changes and the flowers begin to bloom, we breathe in the fresh air that comes with Spring. Winter can wreak havoc on our emotional well-being. It's important to assess where you are and know where to go for help when you need it. ZOLL's benefits are here to support you and your family through your medical plans, the EAP, and Healthy Hearts! Healthy You! Don't wait, we are here to help.

[LEARN MORE](#)

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
April 12, 19, 26

Cigna EAP
April 19

Fidelity Web Workshops
Every Monday - Friday

Health Advocate
April 20

Healthy Hearts! Healthy You!

Virtual Healthy Hangout: Managing Stress Throughout the Lifetime

April 24
12:00 p.m. - 1:00 p.m. ET

Healthy Hearts! Healthy You! Onsite Biometric and Blood Screenings

Now through April 27
Check the calendar for your location.

Financial Wellness Challenge
Registration opens April 26

[VIEW CALENDAR](#)



HEALTHY HEARTS!
HEALTHY YOU!



Have you earned any points toward your \$500 Healthy Hearts! Healthy You! Reward?

Get started today!

[LEARN HOW](#)

Get Educated on Financial Literacy!

April is **Financial Literacy Month**. ZOLL's financial experts, CAPTRUST and Fidelity, can help you get on the path to fiscal fitness. Together their services can help you build a stronger financial future, no matter what stage of life you are in. Learn more about the webinars, videos, tools, and resources they have available on [ZOLLbenefits.com](#).

[LEARN MORE](#)



Focus on your Financial Well-Being! **The Financial Wellness Challenge registration opens** April 26th. Watch for more information to participate.

April Highlight:

- **Daily Habit:**
Keep Stress in Check
- **Virtual Healthy Hangout:**
Managing Stress Throughout the Lifetime
- **Wellness Challenge:**
Financial Wellness Challenge
Registration opens April 26th

[START EXPLORING](#)

[ZOLLBenefits.com](#)