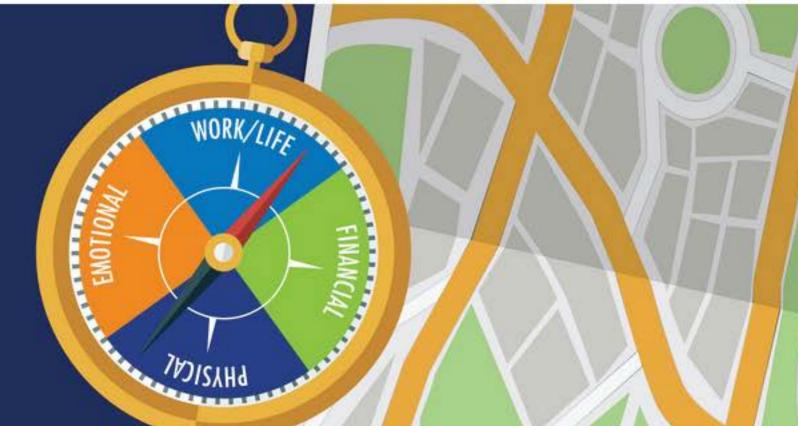






THEBEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

As we celebrate Global Employee Health and Fitness Month, Alyson is joined by Sr. Manager of Health Plan Programs, Tanya Riley, to talk about one of our most popular benefits, ZOLL's Fitness and Weight Loss Reimbursement Program. Find out how you can get up to \$300 back each year!

WATCH TODAY





Financial Wellness Challenge

Join the Financial Wellness Challenge so you can feel good about your finances and earn points toward your \$500 Reward! Hurry, the Financial Wellness Challenge starts on May 10th!





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.









Healthy Hearts! Healthy You!

May 15 | 12:00 pm ET

Virtual Healthy Hangout:

Exercising Outdoors and Getting Fit as a Family Join your Wellness Coordinators,

Robyn and Stephen, as they share ways you can get fit as a family! Discover the health benefits of exercising and being active outdoors, while also learning tips for staying safe.

May 17 | 2:00 pm ET

REGISTER TODAY!

Cigna EAP Managers: Mental Health at Work

Your ability to recognize and respond

appropriately to signs of mental health distress in the workplace is an important

way to support your employees. In this seminar, we'll look at the impact of stigma and the challenges of starting a conversation. We'll explore different scenarios and discuss what you might see and how to respond. **REGISTER TODAY!**

10:15 am ET and May 18 | 4:15 pm ET

Health Advocate

Mental Health and Me May is Mental Health Awareness

Month, an opportunity to take time to

reflect, understand, and explore how to

care for your own mental and emotional well-being. It is important to prioritize your own health before you can support and help others. Join us for this webinar to explore strategies to manage our mental/emotional health as well as utilize available resources to help. We will also take a look at early warning signs to seek help and techniques to maintain positive mental health and wellness. **REGISTER TODAY!**

May 18 | 1:00 pm ET Care.com

Succeed at Work: Health &

Well-Being in the Workplace

Discover how to enhance your health, well-being, and productivity by relieving

stress with simple relaxation techniques. Explore ergonomics, work-life balance,

how to establish priorities, and the importance of healthy eating and regular exercise. **REGISTER TODAY!**

May 25 | 1:00 pm ET

Your Healthy Lifestyle: The **Connection Between Exercise &**

Mental Health

Care.com

Exercise is great for our bodies, but what can it do for our mental state? Come

explore how exercise contributes to a healthy brain, what actually happens to our brain when we exercise and why it is so essential to our mental health.

REGISTER TODAY!



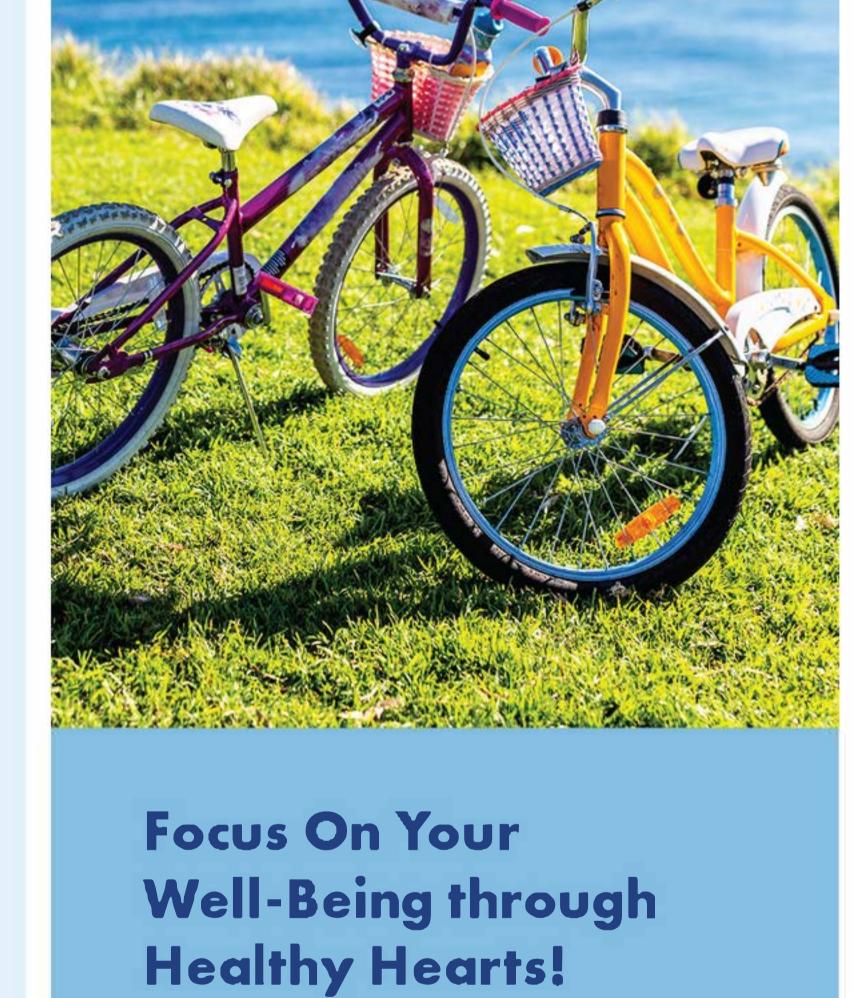
and Get Reimbursed! May is Global Employee Health and

Fitness Month. ZOLL offers free access to healthy living resources all year long through Healthy Hearts! Healthy You! Did you know you can also earn points toward a \$500 Reward? Contact your Wellness Coordinator to find out how they can help! And to support your fitness and weight loss goals, you and your covered dependents can get up to \$300 each year for qualified health club memberships or weight loss programs through your medical plan. Check out the blog to learn more.

LEARN MORE



HEALTHY HEARTS!



Healthy You! and Earn \$500! Register for Healthy Hearts! Healthy You! Complete your Health Assessment Questionnaire

have healthy results

Get your Biometric and

Blood Screening

- **May Highlights** Virtual Healthy Hangout:

Exercising Outdoors and

Getting Fit as a Family

Participate in healthy activities or

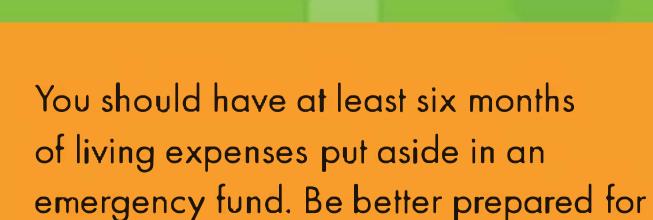
Wellness Challenge:

Daily Habit:

Enjoy Exercise

Financial Wellness Challenge

LEARN HOW



You should have at least six months

DID YOU KNOW?

life's surprises! Check out ways you can improve your financial well-being.

LEARN MORE

ZOLLBenefits.com

START EXPLORING