



THE BEAT

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](#)



**HEALTHY HEARTS!
HEALTHY YOU!**



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!**

[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.



May 15 | 12:00 pm ET

Healthy Hearts! Healthy You!

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.

[REGISTER TODAY!](#)

May 17 | 2:00 pm ET

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!](#)

**May 18 | 10:15 am ET and
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

Care.com

Your Healthy Lifestyle: The Connection Between Exercise & Mental Health

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!](#)



Come On, Get Active 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!**



Focus On Your Well-Being through Healthy Hearts! Healthy You! and Earn \$500!

- Register for Healthy Hearts! Healthy You!
- Complete your Health Assessment Questionnaire
- Get your Biometric and Blood Screening
- Participate in healthy activities or have healthy results

May Highlights

- **Virtual Healthy Hangout:** Exercising Outdoors and Getting Fit as a Family
- **Daily Habit:** Enjoy Exercise
- **Wellness Challenge:** Financial Wellness Challenge

[LEARN HOW](#)



DID YOU KNOW?

You should have at least six months of living expenses put aside in an emergency fund. Be better prepared for life's surprises! Check out ways you can improve your financial well-being.

[LEARN MORE](#)

[START EXPLORING](#)

ZOLLBenefits.com