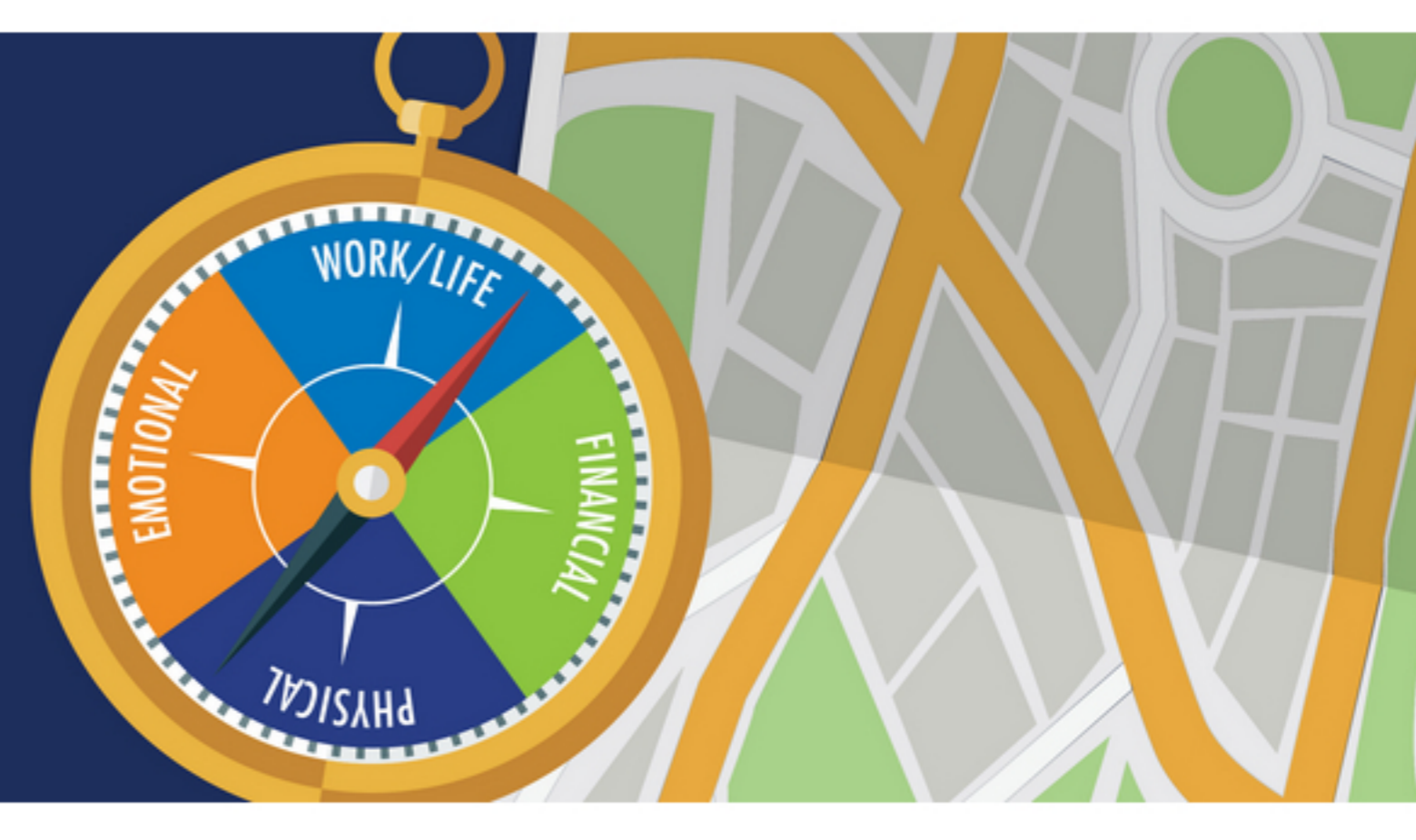




THE BEAT

YOUR MONTHLY BENEFITS UPDATE

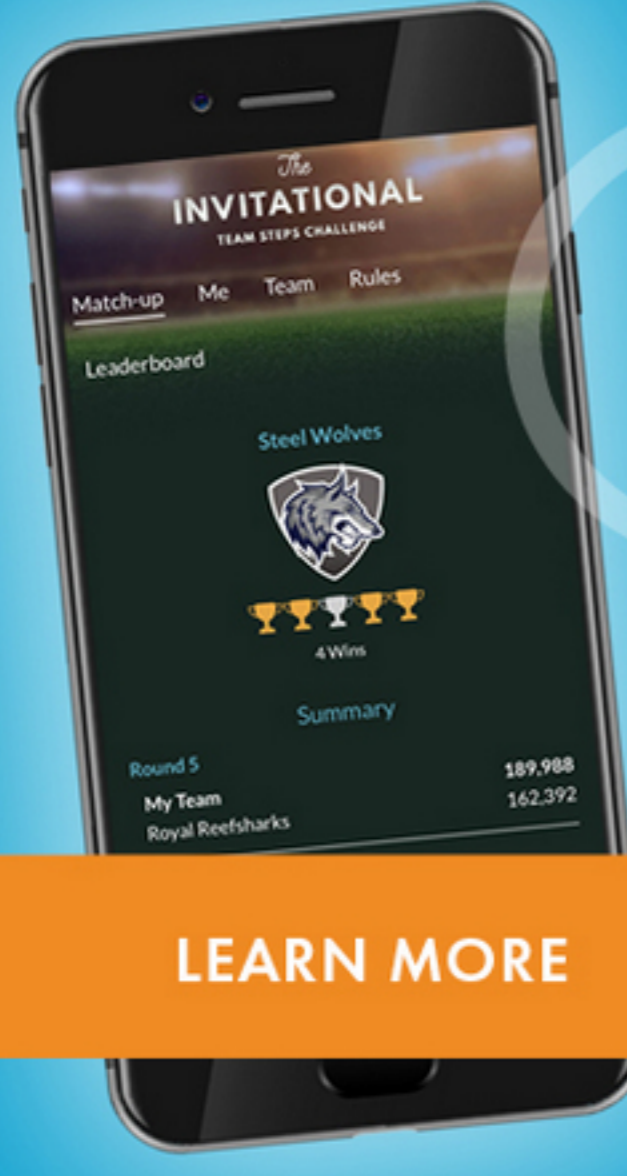


ALYSON'S SPOTLIGHT

In July we encourage you to get active outdoors in celebration of Parks and Recreation Month. Alyson is joined by Kyle Reslow, from Resuscitation's Rhode Island location, as he shares his passion for the great outdoors!



[WATCH TODAY](#)



HEALTHY HEARTS! HEALTHY YOU!

Get Active and Have Fun!

The Invitational Team Steps Challenge is coming in August. Registration will be open from July 12 through August 1. Have fun with your coworkers, earn points toward your \$500 Reward and be entered in the Quarterly Prize Drawing.

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.



July 12 | 1:00 pm ET

Care.com

Financial Wellness: Overcoming Debt

Carrying too much debt today can jeopardize your financial future. This webinar will address the difference between good debt and bad debt, the impact of interest charges, managing your spending habits and creating good saving habits.

[REGISTER TODAY!](#)

July 17 | 12:00 pm ET

Healthy Hearts! Healthy You!

Virtual Healthy Hangout: Recharge Your Mind and Body

Join your Wellness Coordinators, Robyn and Stephen, to learn how to manage stress through different modalities and self-care.

[REGISTER TODAY!](#)

July 20 | 2:00 pm ET

Health Advocate

Managing Privacy on Social Media

Social media is designed to share information – photos, articles, thoughts – with other people. But it's time to reconsider how safe it is to be sharing your private information on public platforms. Join us for a special webinar with guest presenter, Chris Shelton, a Fraud Resolution Specialist, to explore how oversharing can endanger personal and financial safety.

[REGISTER TODAY!](#)

July 26 | 1:00 pm ET

Care.com

Confident Parenting: Helping Your Kids Get Active

This webinar will provide many tips and strategies for helping you get your child on the right track to health. We will discuss the implications of an inactive lifestyle, benefits of an active lifestyle, tips on diet, meals, snacks, and how to get your child moving.

[REGISTER TODAY!](#)

July 26 | 2:00 pm ET

Cigna EAP

Unique You: Personality Styles at Work

Personality – we all have one, and each one is unique! Learning about personality styles can help you understand why clashes happen and what you can do to head them off. Get insight into your personality type and strategies for improving interactions with others who have different styles

[REGISTER TODAY!](#)

July 27 | 1:00 pm ET

Care.com

Your Healthy Lifestyle: Dealing with Sleep Issues

Do you have difficulty sleeping? Check out this webinar where you'll explore sleep disorders and their causes (circadian rhythms, insomnia, and snoring/sleep apnea), discuss the benefits of sleep studies, and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

[REGISTER TODAY!](#)



Take a Break and Get Outdoors

July is Parks and Recreation Month. It's a great reminder to get active outside and explore the benefits of nature. Whether you're working remotely or in the office, taking a break outside helps you reduce stress, get in shape, clear your head, and boost your productivity. Kelsey, Kyle, and Kasey share their love for the outdoors and explain how taking a hike or walk helps them connect with nature, and sharpen their focus. Click the link below to learn the benefits of getting active in nature.

[LEARN MORE](#)

Do You Know What Comes Out of Your Paycheck?

CAPTRUST takes the guesswork out of deductions and other contributions that come out of your paycheck. Attend the webinar on July 19.

[WATCH NOW](#)

Schedule your free one-on-one session with a CAPTRUST Financial Advisor to learn how to prepare for a financially secure future.

[SCHEDULE YOURS TODAY](#)

HEALTHY HEARTS! HEALTHY YOU!

Your \$500 Reward is Waiting!

Participate in The Invitational Team Steps Challenge. You have until September 30, 2023 to earn points toward your \$500 Reward.

- Register for Healthy Hearts! Healthy You!
- Complete your Health Assessment Questionnaire
- Get your Biometric and Blood Screening. Watch for on-site screenings near you
- Participate in healthy activities or have healthy results

July Highlights

- **Virtual Healthy Hangout:** Recharge Your Mind and Body
- **Daily Habit:** Asthma/COPD
- **Wellness Challenge:** The Invitational Team Steps Challenge registration opens July 12

[LEARN MORE](#)



DID YOU KNOW?

There are lots of places to get outside:

- 424 national parks of which 63 have the official 'National Park' designation
- 2,474 official state parks
- 1,200 plus trails in all 50 states

Read more to learn the benefits of getting out in nature.

[READ MORE](#)

[START EXPLORING](#)

ZOLLBenefits.com