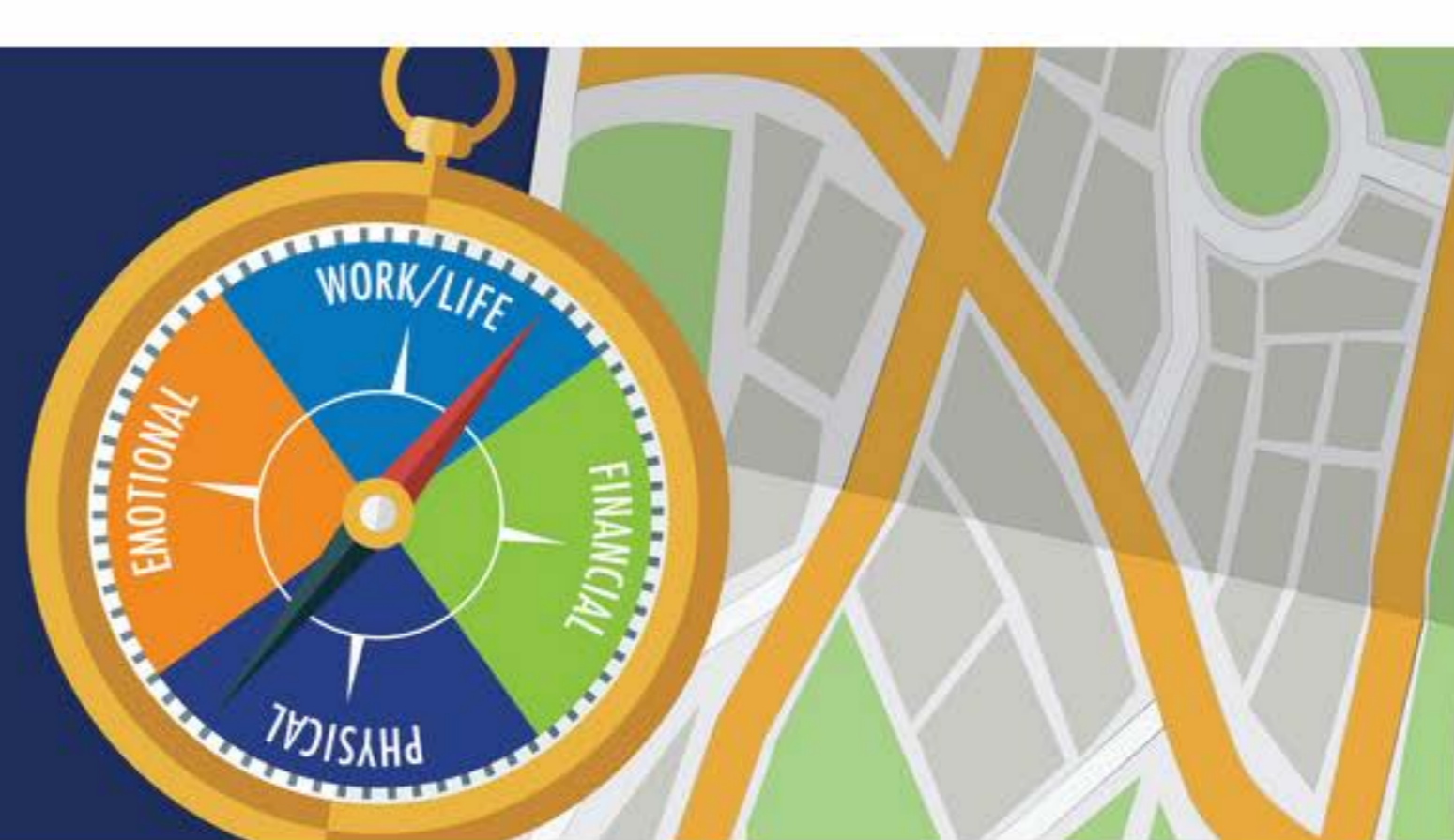




THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

As we celebrate Preventive Care Awareness in August, Alyson is joined by Raelyn Mains, the CMS Employee Experience & Benefits Specialist. Together, they share tips on our dental care benefits through Delta Dental, and review how we can stretch our dental dollars with the Rollover Max. Watch so you know how to save!



[WATCH 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.



August 30 | 2:00 pm ET

CAPTRUST

Investing Fundamentals

This customized ZOLL webinar will provide a rudimentary investment education on asset allocation, diversification, rebalancing, and more. Learn to identify the difference between stocks, bonds, and cash, as well as having a better understanding of your investment fund options.

[REGISTER TODAY!](#)

August 9 | 2:00 pm ET

Cigna EAP

Your Debt-Free Game Plan

Debt can be the biggest obstacle in reaching our financial goals. We'll go over debt-reduction strategies and review how to create a sustainable plan.

[REGISTER TODAY!](#)

**August 17
10:00 AM ET and 4:00 PM ET**

Health Advocate

For Managers - Purposefully Pursuing the Next Normal: The Psychologically Healthy Workplace

Following the COVID-19 pandemic, employers continue to face a host of challenges as they re-engage with a stressed and weary workforce. Join us for a special webinar to explore practical strategies for managers and supervisors to overcome challenges and improve their employees' well-being, crisis hardiness, and productivity.

[10:00 AM \(ET\)](#)

[4:00 PM \(ET\)](#)

August 17 | 1:00 pm ET

Care.com

Succeed at Work: Maximizing Your Time

Time management and organizational skills are critical to successfully balancing work, life, and family. You will learn strategies and tips for organizing and managing that will make a critical difference in the quality of your work and life.

[REGISTER TODAY!](#)

August 21 | 12:00 pm ET

Healthy Hearts! Healthy You!

Virtual Healthy Hangout: Oral Health

Join your Wellness Coordinators, Robyn and Stephen, to learn the connection between oral health and well-being.

[REGISTER TODAY!](#)

August 24 | 1:00 pm ET

Care.com

Your Healthy Lifestyle

We all make excuses for eating junk or fast food. We'll review strategies for quick, inexpensive meals that are good choices. Learn the basics of eating healthy within your financial means.

[REGISTER TODAY!](#)



Healthy Smile, Happy Wallet!

Keeping your smile bright and your mouth healthy is easier thanks to 100% covered in-network dental preventive care through Delta Dental. During Preventive Care Month in August, it's a great time to schedule your routine checkup and cleanings. And, getting your cleaning is the first step to qualifying for the Delta Dental Rollover Max so you can make your dental benefit dollars go even farther.

Save and Win!

Learn how you can save those unused dental benefit dollars from this year to use next year, and enter to win an electric toothbrush!

[LEARN MORE](#)

When You Have Financial Questions, Fidelity Has the Answers.



Fidelity offers free live web workshops each week, Monday through Friday. From tackling debt and budgeting, to planning for college, and making the most of your retirement savings – there is a topic for you at every stage of your life. Watch one or watch them all.

[REGISTER TODAY](#)

HEALTHY HEARTS! HEALTHY YOU!

Earn Your \$500 Reward by September 30!

September 30th is coming soon. Complete the steps below to earn your \$500 Reward!

- Register on the Healthy Hearts! Healthy You! Portal.
- 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.

[LEARN MORE](#)

August Highlights

- **Virtual Healthy Hangout:** Oral Health
- **Daily Habit:** Sleep Well
- **Wellness Challenge:** The Invitational Team Steps Challenge has begun. Be sure to track your steps!

[LEARN MORE](#)



DID YOU KNOW?

You can increase your maximum dental benefit limit next year and in the future when you receive the recommended preventive services. Learn how with Rollover Max.

[READ MORE](#)

[START EXPLORING](#)

ZOLLBenefits.com