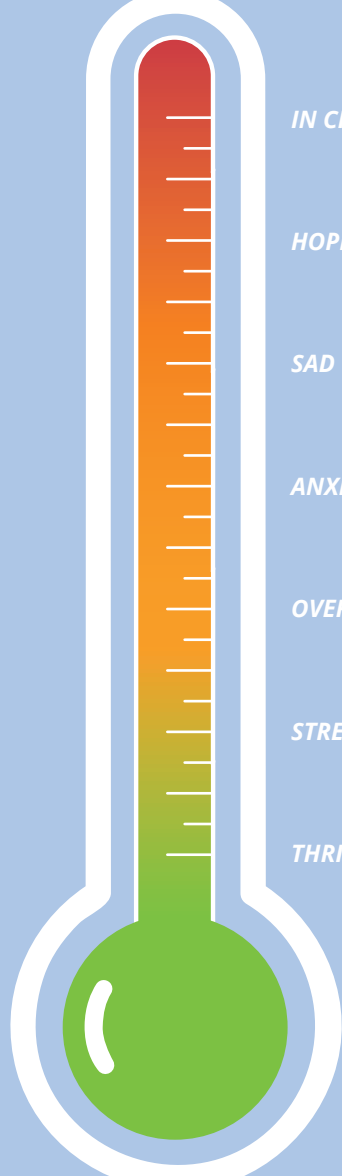




How are you ... really?

Your emotional well-being is one of your superpowers! It helps you focus on daily tasks, tackle problems, and have relationships with those around you.

Self-care is key to tracking how you feel from one day to the next, and knowing when you might need to seek short-term or ongoing support.



IN CRISIS

HOPELESS

SAD

ANXIOUS

OVERWHELMED

STRESSED

THRIVING

Let's start the conversation.

Call or text 988 to reach the Suicide and Crisis Lifeline.

Contact **UnitedHealthcare** for personalized support with a licensed clinician.

Contact the **EAP** to find the best care for your needs.

Meet with a certified **WebMD Health Coach** or **Stress Specialist** to create a personalized wellness plan.

Keep thriving!

Visit **ZOLLbenefits.com** to find other support options available to you and your family.

Tear off and keep this wallet card to find emotional support when you need it.

Suicide
and
Crisis
Lifeline
Text or
Call
988

**ZOLL Employees, Spouses,
and Dependents**

Employee Assistance Program (EAP):
1-877-622-4327 | mycigna.com
Employer Code: zollmedical

**WebMD* Health Coach
or Stress Specialist:**

1-866-513-2506, Option 2
<https://webmdhealth.com/zollwellness/>
Log in > Contact Us

* Employees, spouses, and dependents over 18

**UnitedHealthcare Plan
Employees, Spouses, and Dependents**

UnitedHealthcare: 1-844-333-2604 | myuhc.com
Log in > Explore mental health

Talkspace: talkspace.com/connect

AbleTo: 1-866-287-1802 | AbleTo.com/begin
Access Code: 0911813

Live and Work Well: myuhc.com

Log in > Explore mental health > Live and Work Well



ZOLLbenefits.com

We're Here
for You!

Hello [greeting], How are you?

Some days we just don't feel
like ourselves and that's ok.

Mental health affects everyone.



***Did you know that 1 in 5 Americans
live with a mental health condition?***

ZOLL Benefits gets you to the right
resource fast, when you and your
family need it most.

ZOLL



ZOLL Medical Corporation
269 Mill Road
Chelmsford, MA 01824

[first name] [legal last name]
[home address line 1]
[home address line 2]
[City], [State] [Zip]