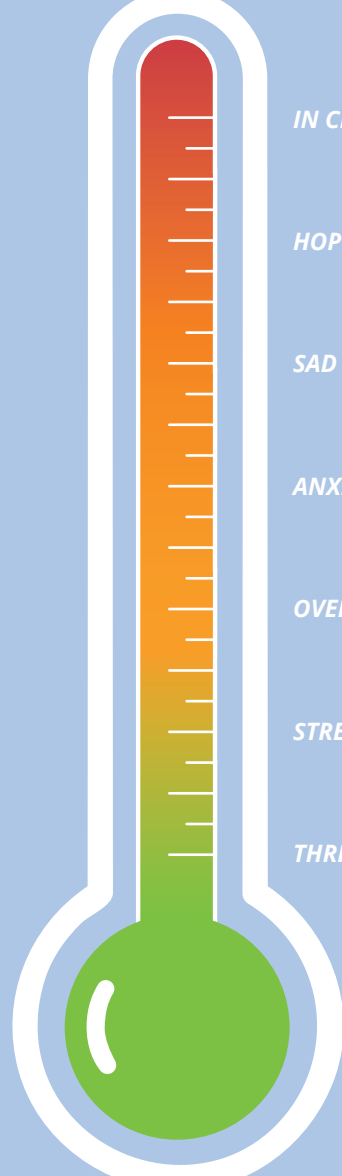




How are you ... really?

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.

Check with your current medical plan for available mental health resources.

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.

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

Visit ZOLLbenefits.com to find additional support options.



YOUR 24/7 BENEFITS RESOURCE, ON THE GO!

Suicide and Crisis Lifeline
Text or Call

988

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 |



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Chelmsford, MA 01824

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