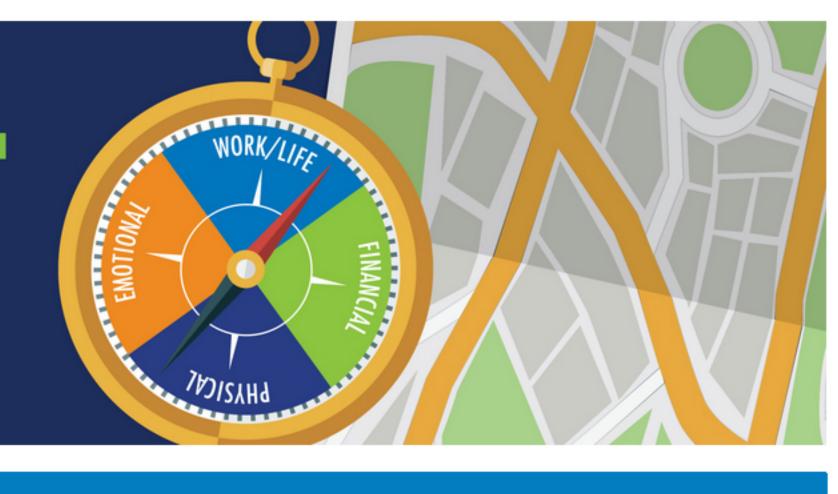


# THEBEAT

YOUR MONTHLY BENEFITS UPDATE



### YOU ARE NOT ALONE. The EAP offers crisis counseling and support

for anyone experiencing emotional distress. Find the resources you need now.

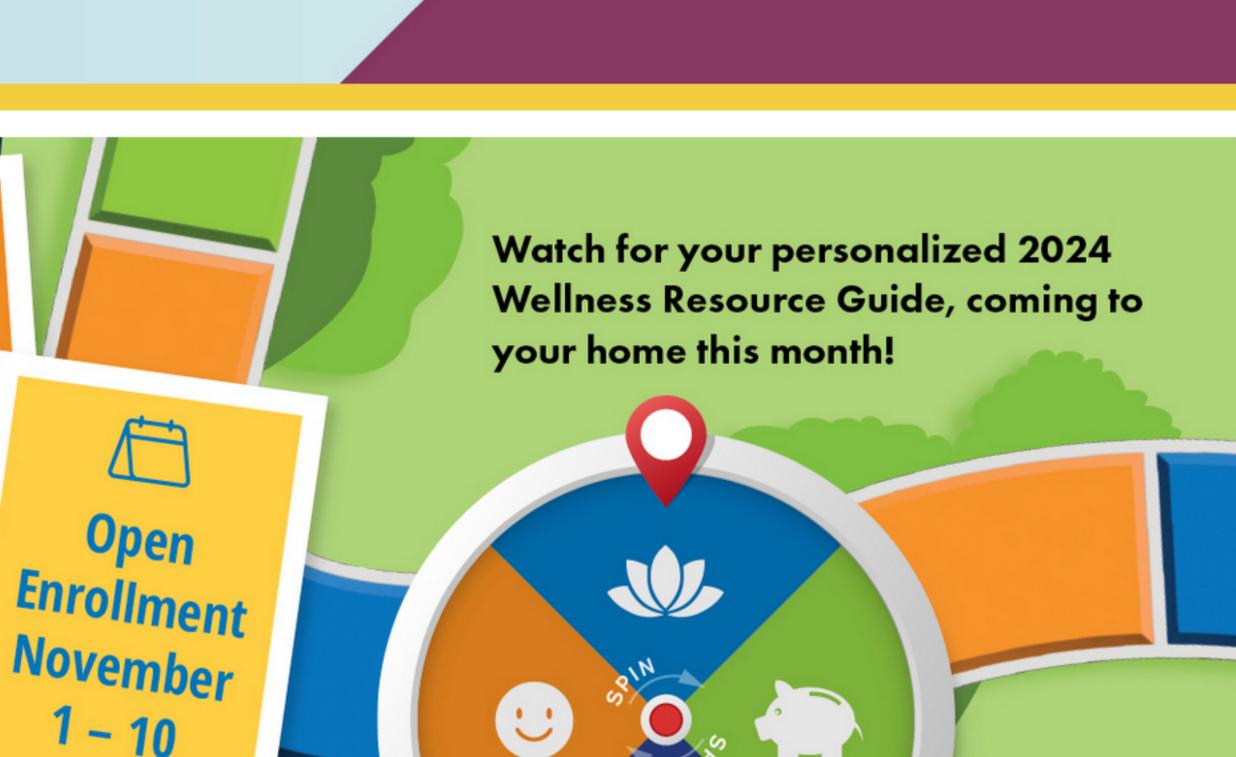
**VIEW RESOURCES** 

#### Do you need more balance in your work day? Alyson introduces us to Jess DeMarte, Respicardia's Quality

ALYSON'S SPOTLIGHT

and Regulatory Affairs Senior Manager (and certified life coach), who shares how you can reduce stress

and prevent burnout with a few simple tips. Watch to learn how to manage your time, energy, and focus to help you prioritize your day. **WATCH TODAY** 



### Make Yourself a Priority. Enter HERE to win a prize! The deadline to enter is October 31, 2023. Winners will be notified via email.

ENTER TO WIN!

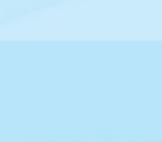


support well-being in every area of your

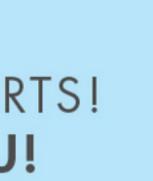
life – physical, emotional, financial, and

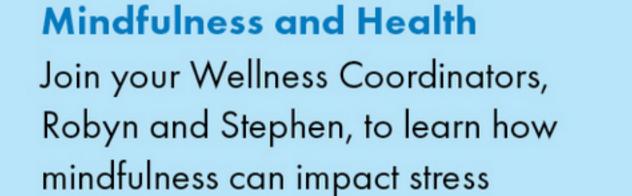
work/life balance.











October 16 | 12:00 pm ET

**Virtual Healthy Hangout:** 

management, nutrition, and physical activity. **REGISTER TODAY!** 

October 18 | 12:00 pm ET **Wellness from Within** 

Challenge starts October 18

**REGISTER TODAY!** 

Register through October 25

**Self-Care Challenge** 

#### **CAPTRUST Investing Beyond** Your Employer Plan

Join us for a quick discussion of non-

savings, brokerage accounts, how to

optimize Health Savings Accounts,

retirement investing such as emergency

October 12 | 2:00 pm ET

### and save for college education.

Cigna EAP

## **REGISTER TODAY!**

**Managers: Compassionate** Leadership

October 18 | 2:00 pm ET

Does compassion really belong in a leader's skill set? Research says yes! Learn what it looks like and how you can use it to manage effectively.

October 19 | 1:00 pm ET

**REGISTER TODAY!** 

#### Care.com Succeed at Work: Understanding a Multigenerational Workforce

There are four diverse generations

in today's workplace. This webinar

will help you communicate with all

coworkers, regardless of age. We will

identify generational differences, how

to eliminate stereotypes, and custom-fit

#### your communication style. **REGISTER TODAY!**

**CAPTRUST** 

October 25 | 2:00 pm ET

**Investment Fundamentals** This presentation will give a rudimentary education on investment

concepts such as asset allocation,

will also be a discussion identifying

diversification, and rebalancing. There

the differences between stocks, bonds, and cash. It will also explain the investment fund options and how they

can be interpreted and understood. **REGISTER TODAY!** October 26 | 1:00 pm ET Care.com Your Healthy Lifestyle: Building in Daily Movement

This webinar explores the benefits

of exercise, the role of attitude and

goals on success, the components of a well-rounded workout, eating well, and workouts that can be done

during your workday.

### **REGISTER TODAY!**

### October 26 and November 8

**Fidelity** Discover the Potential of Your

**Health Savings Account** Understand the benefits of saving and investing money in a Health Savings Account to help you prepare for medical expenses now and in retirement.

10/26 | 10:00 AM (ET)

11/8 | 3PM (ET)

#### you are not of Americans

**How Are** 

If your answer

could be better,

You?

is that you

IN CRISIS

HOPELESS

ANXIOUS

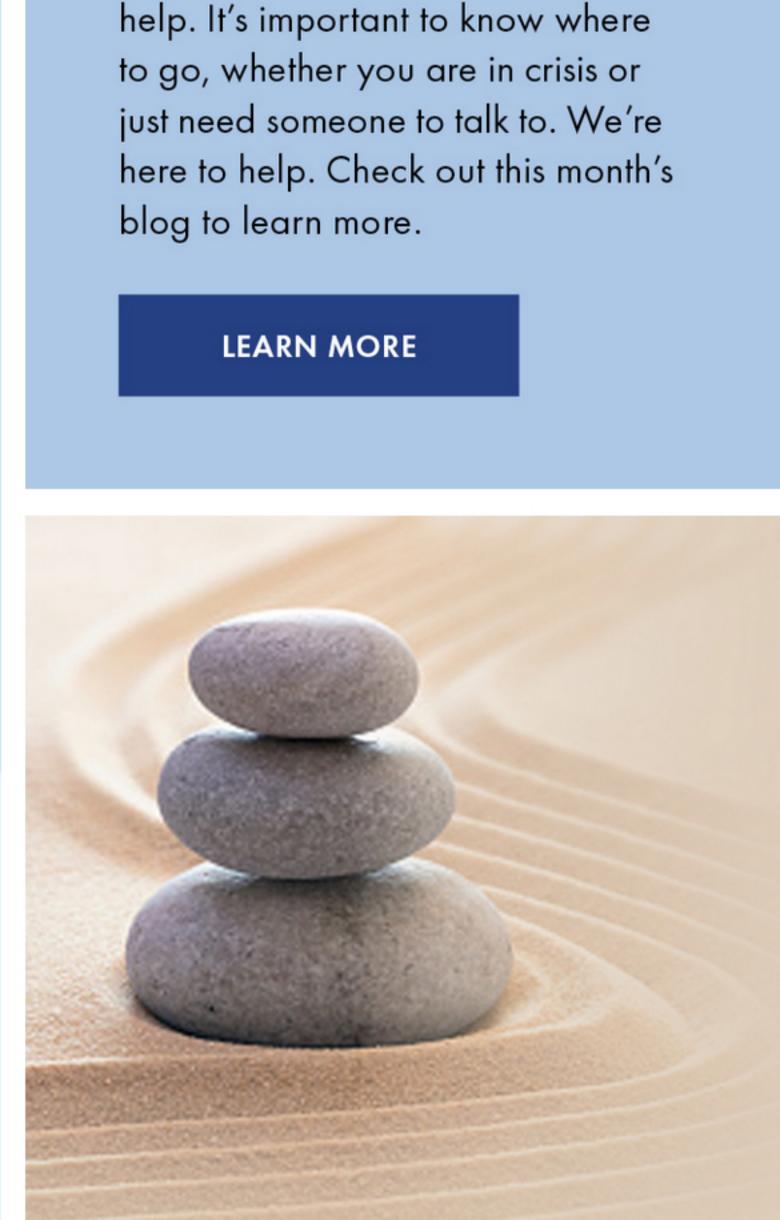
STRESSED

THRIVING

OVERWHELMED

SAD

alone. Millions experience symptoms of a mental health condition each year. The good news is the number of people seeking care is on the rise. ZOLL's benefits provide many resources to support your emotional well-being, regardless of your medical plan enrollment. Start by practicing self-care so you can recognize when you need to ask for



#### HEALTHY HEARTS! **HEALTHY YOU!** Relax. Reflect. Renew. Join the Wellness from Within

Self-Care Challenge to help you

bring balance to your well-being.

Register today to learn how to live

more mindfully and feel better,

and be entered in the Quarterly

**REGISTER TODAY!** 

Prize Drawing.

HEALTHY HEARTS! **HEALTHY YOU!** 

October Highlights

Virtual Healthy Hangout:

Mindfulness and Health

Cope with the Blues

Wellness Challenge:

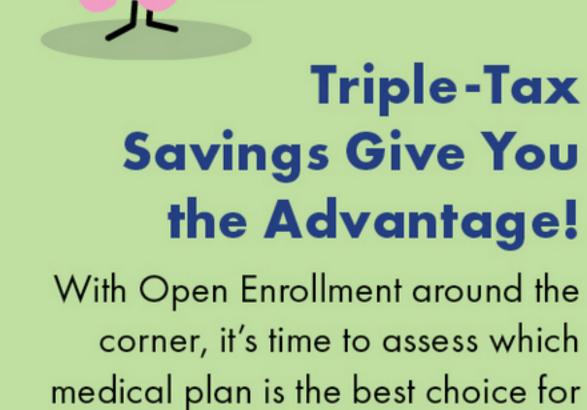
Wellness from Within

Self-Care Challenge

Daily Habit:

## **LEARN MORE**





you and your budget. The Saver Plan

comes paired with a Health Savings

health care expenses. And, ZOLL contributes too! Register to attend an HSA webinar to learn how they work and the triple-tax advantages for you. 10/26 | 10:00 AM (ET)



to help. **READ MORE** 

everyone. ZOLL's benefits are here

health condition. Mental health affects





START EXPLORING

ZOLLBenefits.com

# Account (HSA). An HSA is a taxadvantaged account that can be used to pay for current or future eligible 11/8 | 3PM (ET)