

THE BEAT

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](#)

ALYSON'S SPOTLIGHT

Do you need more balance in your work day?

Alyson introduces us to Jess DeMarte, Respicardia's Quality 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](#)

COMING SOON!

Open Enrollment
November 1 - 10

Watch for your personalized 2024 Wellness Resource Guide, coming to your home this month!



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!](#)



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.



HEALTHY HEARTS! HEALTHY YOU!

October 16 | 12:00 pm ET

Virtual Healthy Hangout: Mindfulness and Health

Join your Wellness Coordinators, Robyn and Stephen, to learn how mindfulness can impact stress management, nutrition, and physical activity.

[REGISTER TODAY!](#)

October 18 | 12:00 pm ET

Wellness from Within Self-Care Challenge

Register through October 25
Challenge starts October 18

[REGISTER TODAY!](#)

October 12 | 2:00 pm ET

CAPTRUST

Investing Beyond Your Employer Plan

Join us for a quick discussion of non-retirement investing such as emergency savings, brokerage accounts, how to optimize Health Savings Accounts, and save for college education.

[REGISTER TODAY!](#)

October 18 | 2:00 pm ET

Cigna EAP

Managers: Compassionate Leadership

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.

[REGISTER TODAY!](#)

October 19 | 1:00 pm ET

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!](#)

October 25 | 2:00 pm ET

CAPTRUST

Investment Fundamentals

This presentation will give a rudimentary education on investment concepts such as asset allocation, diversification, and rebalancing. There will also be a discussion identifying 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

Understanding the benefits of saving and investing the 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 \(ET\)](#)

How Are You?

If your answer is that you could be better, you are not alone. Millions of Americans 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 help. It's important to know where to go, whether you are in crisis or just need someone to talk to. We're here to help. Check out this month's blog to learn more.



[LEARN MORE](#)



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 Prize Drawing.

[REGISTER TODAY!](#)

HEALTHY HEARTS! HEALTHY YOU!

October Highlights

- **Virtual Healthy Hangout:** Mindfulness and Health
- **Daily Habit:** Cope with the Blues
- **Wellness Challenge:** Wellness from Within Self-Care Challenge

[LEARN MORE](#)



Triple-Tax Savings Give You the Advantage!

With Open Enrollment on the corner, it's time to assess which medical plan is the best choice for you and your budget. The Saver Plan comes paired with a Health Savings Account (HSA). An HSA is a tax-advantaged account that can be used to pay for current or future eligible 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 \(ET\)](#)

[11/8 | 3PM \(ET\)](#)



DID YOU KNOW?

1 in 5 Americans live with a mental health condition. Mental health affects everyone. ZOLL's benefits are here to help.

[READ MORE](#)

[START EXPLORING](#)

[ZOLLBenefits.com](#)