



# THE BEAT

YOUR MONTHLY BENEFITS UPDATE



## ALYSON'S SPOTLIGHT

### Delta Dental Makes You Smile

Alyson is joined by Douglas Flott, WatchPat Direct Team Lead at Itamar, as he shares his great Delta Dental experience. Remember, you may be eligible for the Delta Dental Rollover Max when you get your free preventive exam before the year ends.



WATCH TODAY

## GET READY TO Earn Your Reward in 2024!

Healthy Hearts! Healthy You! returns on January 10, 2024 with some exciting new features that we can't wait to share with you. Watch for more information on how to earn your reward in 2024.

REGISTER HERE



HEALTHY HEARTS!  
HEALTHY YOU!

## YOU ARE NOT ALONE.

The EAP offers crisis counseling and support for anyone experiencing emotional distress. Find the resources you need now.

VIEW RESOURCES

### 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.



December 7 | 1:00 pm ET

Care.com

#### Emotional Wellness: Stress Reduction Tool Kit

How do you know you are stressed? Do you recognize the symptoms? Explore the latest research and what experts are saying about good vs. bad stress. Participants will gain tools to better manage stress, including mindful communication.

REGISTER TODAY!

December 13 | 1:00 pm ET

Care.com

#### Financial Wellness: Building Good Credit

Your credit report and your credit score are incredibly important factors that influence how you borrow. This webinar will review each of these factors individually, and how you can monitor and improve your credit records.

REGISTER TODAY!

December 21 | 1:00 pm ET

Care.com

#### Succeed at Work: The Science of Goal Setting

This webinar examines goal setting as a brain function. We will look at how the brain works and create an awareness of the mental process, making it easier for us to create new habits in relation to goal setting.

REGISTER TODAY!

December 28 | 1:00 pm ET

Care.com

#### Your Healthy Lifestyle: The Importance of Self-Care

Participants will learn how to care for themselves while dealing with everyday challenges and issues, including learning about the pillars of health that will help with self-care.

REGISTER TODAY!



## Use Your Benefits Before the Clock Runs Out!

It's hard to believe, but December is here! Remember to take advantage of the benefits you pay for all year long and get your free in-network preventive exams before December 31st. When you get your dental checkup in 2023, you may qualify for the Delta Dental Rollover Max to help you save on dental expenses in 2024. Check out the December blog to learn more tips for getting the most out of your benefits, using your remaining FSA funds, and saving money.

LEARN MORE

## Financial Wellness Pays Off

Throughout 2024, ZOLL will be teaming up with Fidelity to launch a Financial Education Series designed just for you. Consisting of four modules, each one will focus on a specific topic and offer multiple webinars followed by a live Q&A:

- Q1: Managing your Money
- Q2: Foundation Building
- Q3: Savvy Investor
- Q4: Pre-retiree



The series will kick off on January 9th. Check out the ZOLLbenefits.com calendar for specific dates, times, and topics.

Watch for registration information.

LEARN MORE



## DID YOU KNOW?

**It pays to get fit!** Your ZOLL medical plans offer Fitness and Weight Loss Reimbursements through UHC and Aetna. Claim yours before the year ends.

CLAIM HERE

START EXPLORING

ZOLLBenefits.com