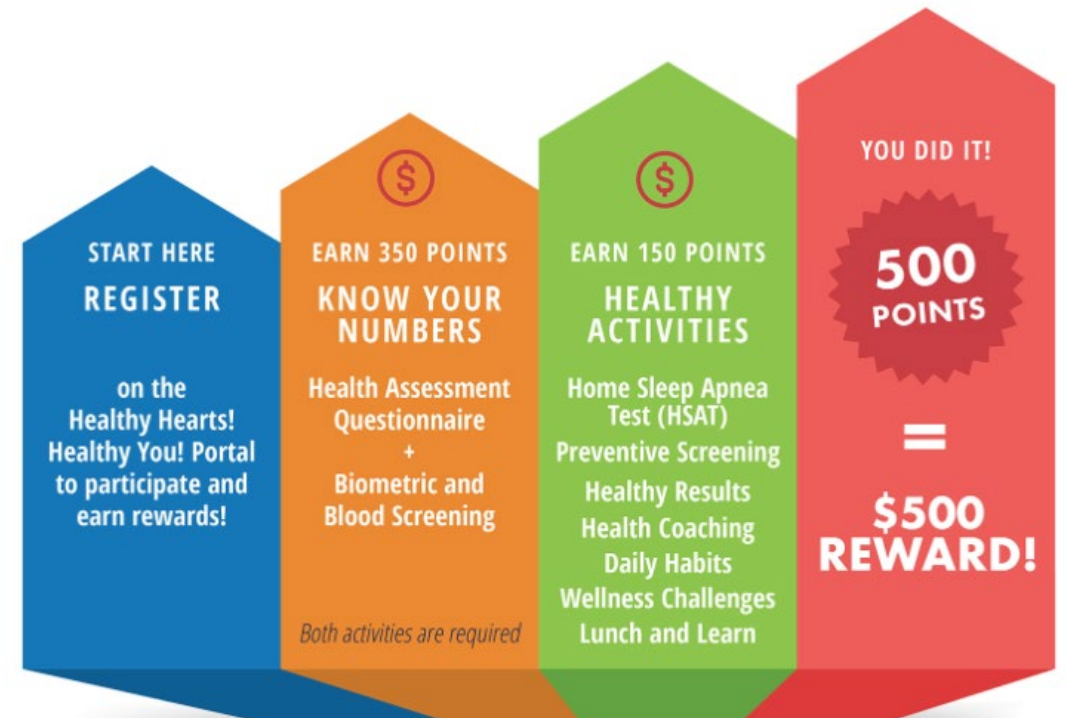


Healthy Hearts! Healthy You!

HH!HY! is designed to give you a personalized, accurate picture of your current health and provide you with a roadmap for how to maintain or improve your well-being.



Meet Your Wellness Coordinators

Robyn Zagoren-Martichuski, MS
rzagoren@webmd.net

Wellness Coordinator:

Resuscitation, Respicardia, and Itamar

Onsite Wellness Promotion: Chelmsford MA, and
Pawtucket RI

- Masters in Sport Medicine from Northeastern University, Boston MA.
- B.S. in Physical Education and Health from Boston University, MA.
- Certified mindfulness teacher, athletic trainer, facilitation, and Reiki master.
- Background in Education, Athletic Training, and Corporate Wellness.

Stephen Bittner, MPH
Sbittner@webmd.net

Sr. Wellness Coordinator:

CMS, Data and Circulation

Onsite Wellness Promotion: Pittsburgh, PA

- Master's in Public Health from Purdue University Global.
- B.S. in Exercise Science/Kinesiology from Indiana University of Pennsylvania.
- Background in community health and wellness, and non-profit work.
- Loves nature, fishing, playing sports, and spreading positive health and wellness.

What is Healthy Hearts! Healthy You!?

- When we invest in our health, everyone wins – our families, friends, colleagues, and especially ourselves. No matter where you are in your journey, Healthy Hearts! Healthy You! is designed to help you take your next step toward your well-being. And you'll have support all along the way.
- The program delivers a personalized, well-rounded approach to wellness and provides you with all the tools and resources you need to support your wellness journey.
- And getting healthy comes with rewards!



Healthy Hearts! Healthy You!

- Earn **500 points** by **September 30, 2024**
- Rewards paid in 2025 – up to \$1,000 per household
 - \$500 for employee; \$500 for spouse
 - **Medical Premium discount** for employees enrolled in a ZOLL medical plan,
 - **Cash reward** for employees not enrolled in a ZOLL medical plan
 - **Spouses** are only eligible to receive the cash reward
- **Complete your Biometric and Blood Screening by May 31, 2024 to receive a prize!**



Activities and Point Values

Step 1 : Know your numbers



Activity	Pts
Health Assessment Questionnaire*	350
Biometric and Blood Screening*	

***Required Activities**



Step 2: Healthy Activities



Activity	Pts	Reward Details
New: Home Sleep Apnea Test (HSAT)	50	Select "Yes" in the Health Assessment Questionnaire to access a free risk assessment for sleep apnea
New: Preventive Health Screenings	50	Self-report: Annual physical, Mammogram, and/or Colonoscopy
Health Coaching Session Completion	50	Complete up to 3 sessions for maximum points.
Challenge Completion	50	4 challenges planned for the year. Complete up to 3 challenges prior to incentive deadline.
Blood Pressure	50	In range (less than or equal to 119.99/79.99) or show improvement
Blood Glucose (Fasting or Non-Fasting)	50	Fasting: In range (less than or equal to 99.99) or show improvement Non-Fasting: In range (less than or equal to 139.99) or show improvement
Cholesterol Ratio	50	In range (less than or equal to 3.5) or show improvement
Lunch & Learn Webinars	50	Attend one webinar hosted by your wellness coordinators

New: Home Sleep Apnea Test (HSAT)

Don't miss out on a free sleep apnea assessment for 50 points!

Studies link sleep apnea to health issues like diabetes, stroke, heart attack, and arrhythmias. It can also impact work performance and increase the risk of accidents.

To get started, first you must select "Yes" in your Health Assessment Questionnaire. Within two weeks, a sleep specialist will reach out to begin the screening process.



New: Preventive Health Screening

Now you can earn 50 points with a Preventive Health Screening!

Remember, you first need to complete STEP 1 (Your Health Assessment Questionnaire and Biometric and Blood Screening).

Screening Options:

- Annual Exam
- Colorectal Exam
- Mammogram
- Cervical Screening



Self-Reported

Quarterly Wellness Challenges

Four fun and interactive challenges throughout the year.

- Seize the Zzzz's Sleep Challenge, 2/7
- Invitational Step Challenge, 4/24
- Financial Challenge, 7/17
- Gratitude/Kindness Challenge (**no points awarded**), 10/2

50 pts each
up to 150 pts
maximum



Health Coaching

- Work one-on-one with a professional health coach to achieve your goals
 - Personalized wellness plans
 - Encouragement and expert advice
 - Flexible scheduling
- Complete up to 3 sessions toward your reward
 - 4th session and beyond – no points rewarded



Daily Habits

- Complete a Daily Habit for 50 points
- Each day answer a simple question
- Many to choose from:
 - Back Health
 - Work Life Balance
 - Diabetes
 - Enjoy Exercise

Complete up to 3 daily habits for points

Complete as many as you want for fun and to work toward your goals!



HH! HY! Webinars: Attend one for 50 points

Four webinars: 12:00 – 1:00 p.m. EST

- Eat Well to Sleep Well: **Feb 12.**
- Getting Started with Exercise: **April 8.**
- The Gut Microbiome and the Mental Health Connection: **June 10.**
- Cognitive Restructuring: Reframing your Mindset and Taming your Inner Critic: **August 12.**

**Employees
and
Spouses
Can Attend**

Let's Get Started!

- Create an account:
 - Visit <https://webmdhealth.com/zollwellness>
 - Input your Registration ID: Last 6 digits of your Social Security Number + Date of Birth
- Complete the Health Assessment Questionnaire
- Complete your Biometric and Blood Screening
- Download the **Wellness at Your Side** app
 - Connection Code: **ZOLL**



Questions?

