



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Start the New Year with Financial Wellness

Happy 2024! Join Alyson and her guest, Jenn Bare, ZOLL Senior Benefits Specialist, as they share the exciting news about the new Financial Wellness Education Series starting this month. Be sure to watch to get the scoop on all the details and how you can be entered to win a raffle drawing.



[WATCH TODAY](#)



**HEALTHY HEARTS!
HEALTHY YOU!**

REGISTER NOW TO Earn Your \$500 Reward!

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](#)

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.



Fidelity Financial Wellness Education Series

January 12 | 2:00 pm ET

Get Started and Save for Your Future

Learn more about ZOLL Medical's Retirement Plan and how to enroll.

[REGISTER TODAY!](#)

January 23 | 2:00 pm ET

Create a Budget and Build Emergency Savings

This webinar will guide you to create an easy, simple budget and spending plan using Fidelity's spending guidelines.

[REGISTER TODAY!](#)

January 31 | 2:00 pm ET

Tackle Debt and Understand Your Credit Score

Hear about the different strategies for paying down debt and choose your preferred method.

[REGISTER TODAY!](#)

January 16 | 2:00 pm ET

CAPTRUST

Investing Beyond Your Employer Plan

Learn more about non-retirement investing such as emergency savings, brokerage accounts, and HSAs.

[REGISTER TODAY!](#)



You Spoke and We Listened!

ZOLL and Fidelity have teamed up to help you start your journey to financial wellness through the free Financial Wellness Education Series. It's easy to attend. Starting in January and continuing throughout 2024, the webinar series focuses on topics you asked about, including managing your money, building your financial foundation, becoming a savvy investor, and preparing for retirement.



Earn an entry into a raffle drawing for every webinar you attend! Check out the blog to learn more and register today.

[LEARN MORE](#)



DID YOU KNOW?

Three quarters of working Americans say they are stressed about their personal finances and living paycheck to paycheck, according to a CNBC Your Money Survey. Attend the Financial Wellness Education Series so you can lower your stress in 2024!

[REGISTER TODAY](#)

[START EXPLORING](#)

ZOLLBenefits.com