



Let's Get Started!

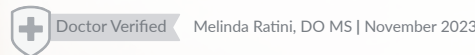
If you have not already, create an account following the steps below:

1. Visit webmdhealth.com/zollwellness
 - Spouses and dependents over 18 must create their own account to access the portal.
 - Need assistance or having trouble logging in? Call WebMD Customer Service at **1-866-513-2506**. Your ZOLL HR team won't be able to assist you with logging in as your information is protected and private.
 - Choose your preferred language below the sign-in bar.
2. Click Create Account and follow the instructions.
3. Your registration ID is the last 6 digits of your Social Security Number (SSN) + your date of birth (MMDDYYYY).
 - Here is an example: Last 6 digits of SSN - 456789; Date of Birth - 10/13/1980
 - You will enter: 45678910131980

Your privacy is important to us. We're committed to confidentiality. All health information and personal data you provide to WebMD through the ZOLL Well-being program is completely private. In addition, your information will be protected by WebMD's leading security standards. Learn more at webmdhealth.com/zollwellness.

SOURCES

Weil Cornell Medicine: "Your Annual Wellness Visit: What to Expect", U.S. Preventive Services Task Force: "Colorectal Cancer: Screening", American Cancer Society: "American Cancer Society Recommendations for Early Cancer Detection of Breast Cancer", U.S. Department of Health and Human Services: "Get Screened for Cervical Cancer"



First on the scene to screen!

Complete your **Biometric and Blood Screening** by May 31, 2024 to receive a prize.

Healthy Hearts! Healthy You! is here to help bring out the best in you. Whether you're interested in becoming a powerlifter or a power napper, we have well-being tools that can help you work toward your goals one day at a time. Get started today at webmdhealth.com/zollwellness.



Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: ZOLL



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If you have questions or need assistance, call Customer Service: **1-866-513-2506**.

Contact Stephen Bittner at sbittner@webmd.net if you are at Caridac Management Solutions (CMS), Circulation, or Data Systems.

Contact Robyn Zagoren-Martichuski at rzagoren@webmd.net if you are at Resuscitation, Itamar, or Respicardia.



**HEALTHY HEARTS!
HEALTHY YOU!**

269 Mill Road
Chelmsford, MA 01824-4105

Progress is Personal

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.



Progress pays off! Earn wellness rewards!

You can earn up to \$1,000 per household, paid out in 2025, when you and your spouse each earn 500 points by September 30, 2024.

- \$500 for employee; \$500 for spouse
 - Medical Premium discount for employees enrolled in a ZOLL medical plan, or
 - Cash reward for employees not enrolled in a ZOLL medical plan.
 - Spouses are only eligible to receive the cash reward.

Log into the **Healthy Hearts! Healthy You!** Portal and complete the following steps by **September 30, 2024**, to earn 500 points and get your \$500 Reward!

STEP 1: KNOW YOUR NUMBERS

ACTIVITY	POINT VALUE	DETAILS
Health Assessment Questionnaire AND Biometric and Blood Screening REQUIRED*	350	The Health Assessment Questionnaire provides a personalized health report and recommendations. You must also get a Free Biometric and Blood Screening to learn important numbers related to your health. *BOTH ARE REQUIRED

✓ Did you know if your Blood Pressure, Blood Glucose or Cholesterol Ratio fall within a healthy range or improve from last year, you can receive up to 150 points to earn your reward? (Each value is worth 50 points.)

Need more points?

STEP 2: HEALTHY ACTIVITIES*

ACTIVITY	POINT VALUE	DETAILS
NEW: Home Sleep Apnea Test (HSAT)	50	Get insight into your sleep quality.
NEW: Preventive Health Screening	50	Complete 1 of 4 options for preventive exams: Annual exam, Colorectal exam, Mammogram, or Cervical screening.
Health Coaching Session Completion	50	Complete up to 3 sessions for maximum points.
Lunch and Learns	50	Attend up to 1 onsite/virtual Lunch and Learn.
Wellness Challenge Completion	50	4 challenges planned for the year. Complete the first 3 challenges prior to the Reward deadline.
Daily Habits Plan Completion	50	Complete up to 3 plans for maximum points.

*Activities to earn the remaining 150 points (to get to the 500 point goal). A reasonable alternative form is also available, if needed.

NEW: Home Sleep Apnea Test (HSAT)

Don't miss out on a sleep apnea assessment! 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. Find out if you might be at-risk for sleep apnea and may be eligible for a WatchPAT home sleep test.

Why is getting enough sleep important?

Getting enough sleep has many benefits. It can help you:

- Lower your risk for serious health problems, like diabetes and heart disease.
- Improve your immune system, stay at a healthy weight.
- Reduce stress and improve your mood.
- Think more clearly and do better in school and at work.
- Get along better with people.
- Make good decisions and avoid injuries — for example, drowsy drivers cause thousands of car accidents every year.



To learn more scan here



NEW: Preventive Health Screening

Help protect your well-being by completing one of the Preventive Health Screenings described below.

- 1. Annual exam** - Your annual exam is scheduled with your primary care physician to catch potential health issues early, before they become serious, and to help you focus on wellness and a healthy lifestyle while identifying important screening tests, vaccinations, and other necessary testing.
- 2. Colorectal Exam** - The risk of developing colorectal cancer increases as you get older. That's why screening is recommended for everyone ages 45 to 75 years. Screening tests can help prevent colorectal cancer or find it early when it may be easier to treat.
 - If you're between ages 45 to 75 years, get screened (tested) regularly for colorectal cancer.
 - You may need to get screened before age 45 years if colorectal cancer runs in your family or if you have other risks.
- 3. Mammogram** - Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women in the United States will get breast cancer during her lifetime.
 - If you're age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
 - If you're age 50 to 74, get mammograms every one or two years.
- 4. Cervical Screening** - Getting screened (tested) for cervical cancer means getting tested before you have any symptoms. These tests can help find cervical cancer. They can also find cervical cells that are infected with HPV or other abnormal cells before they turn into cancer. Most cervical cancers can be prevented by regular screenings — and the right follow-up treatment when needed.

Earn 50 points toward your Reward by reporting the date of your exam in your Healthy Hearts! Healthy You! Portal. Use the Preventive Health Screening Card to keep track of your scheduled appointments.

Preventive Health Screening Card		
DATE	TIME	ADDRESS/PHONE