



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Do You Have Trouble Sleeping?

Alyson is joined by Eric Knudsen, President of Itamar Medical, as he shares why it is so important to get tested for sleep disorders, like sleep apnea. Learn how you can participate in a free home sleep apnea test as part of the Healthy Hearts! Healthy You! program.



WATCH TODAY



HEALTHY HEARTS!
HEALTHY YOU!

SEIZE THE ZZZZ CHALLENGE

Registration opens February 7 for the Healthy Hearts! Healthy You! Seize the Zzzz Sleep Challenge. The challenge starts February 21.

Get tips to improve your sleep and earn points toward **your \$500 Reward!**

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.



February 12 | 12:00 pm ET

Healthy Hearts! Healthy You!

Lunch & Learn: Eat Well to Sleep Well

Join your Wellness Coordinators, Robyn and Stephen, as they discuss how to incorporate foods in your diet that aid a good night's sleep, along with providing tips on how to avoid food "sleep disruptors." You can earn 50 points toward your Reward by attending this Lunch & Learn!

REGISTER TODAY!

February 14 | 1:00 pm ET

Care.com

Financial Wellness: Tax Tips

This talk will break down the federal tax reporting system and remove the mystery of the tax return. You will learn to use deductions, exemptions, and strategies to save tax dollars.

REGISTER TODAY!

February 15 | 2:00 pm ET

CAPTRUST

Personal Finance: Managing Your Money

Learn how to meet your short-term financial needs without sacrificing your long-term financial goals.

REGISTER TODAY!

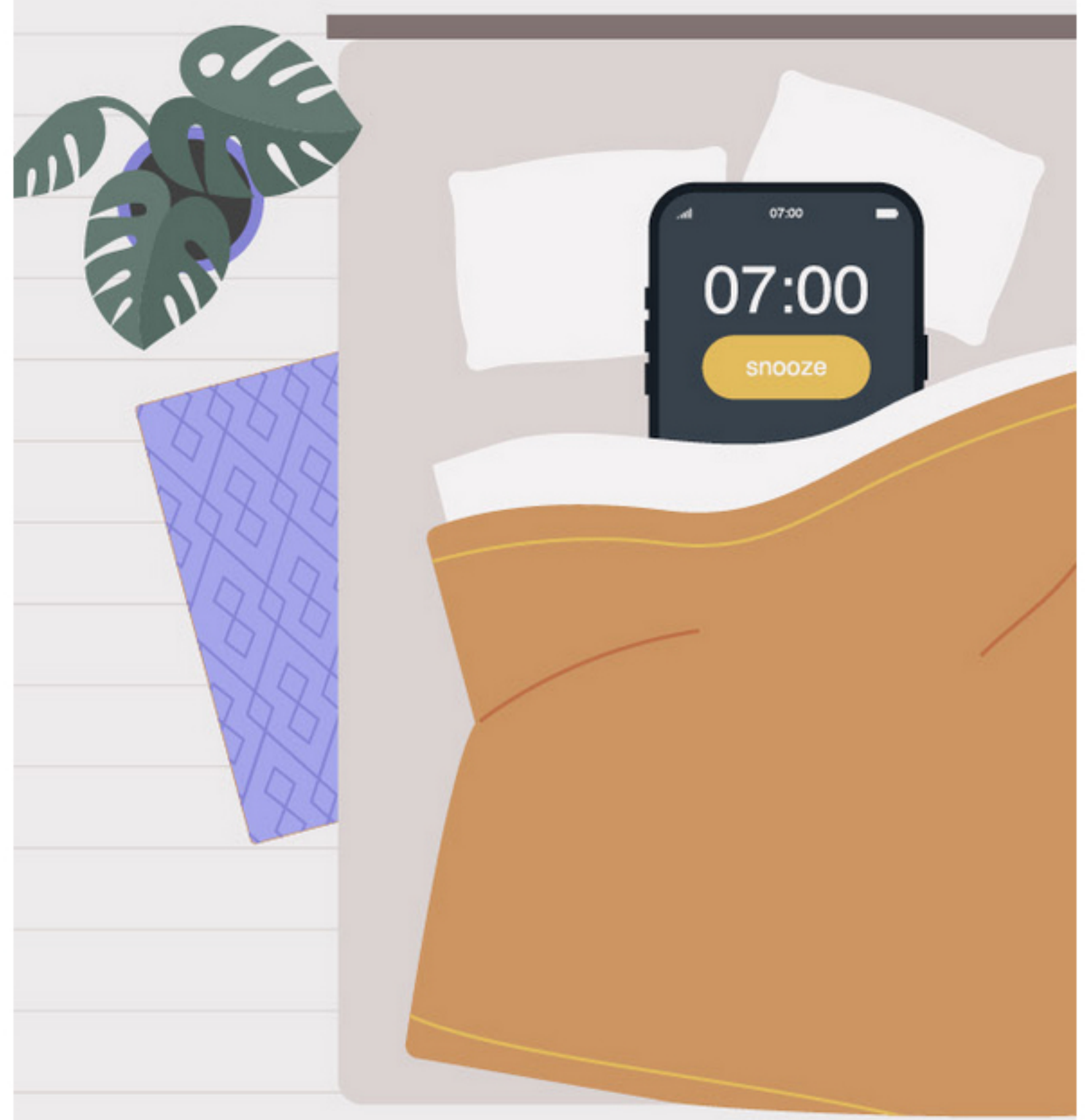
February 21 | 2:00 pm ET

Cigna EAP

Managers: The Challenge of Organizational Change

Leading through change can be one of your toughest jobs. We'll share strategies for supporting employees and how to maintain your own balance during a change.

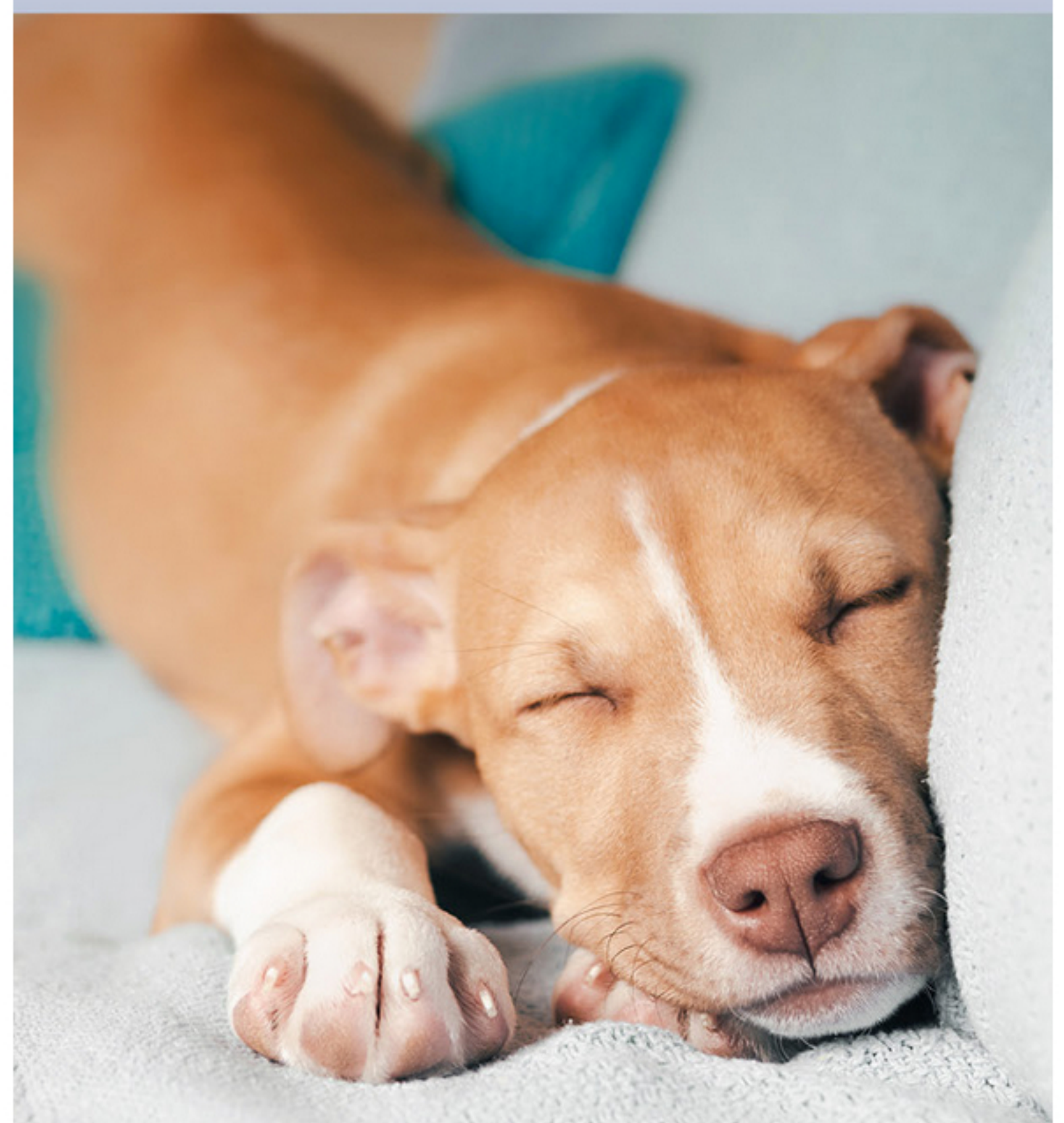
REGISTER TODAY!



Getting Good Sleep is Not Overrated!

Quality sleep impacts our overall well-being, playing an important role in our physical health, ability to think, and our emotional resilience. Sleep disorders often hinder "good-quality" sleep and can lead to more serious health conditions. In 2024, Healthy Hearts! Healthy You! and ZOLL Itamar are supporting good sleep by encouraging all employees and spouses to find out if they have sleep apnea. Check out this month's blog to learn how you can participate.

LEARN MORE



DID YOU KNOW?

According to the National Council on Aging, 39 million U.S. adults have obstructive sleep apnea. Complete your Health Assessment Questionnaire to see if you are eligible for a free home sleep apnea test.

CHECK TODAY

START EXPLORING

ZOLLBenefits.com