



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

We Make it Easy to Get Screened!

Alyson and Sophia want to spread the word! We are bringing Biometric and Blood Screenings to your ZOLL location to make it faster and easier to complete your screening and earn points toward your \$500 Reward. And, if you complete your screening by May 31, you will win a prize! Watch this month's Spotlight so you can Be First on the Scene to Screen!



[WATCH TODAY](#)

WOMEN'S HISTORY MONTH SERIES

FREE VIRTUAL EVENTS THIS MARCH

Join Fidelity and special guests as we talk ways to plan and save for the future you want. So you can feel good about your money every step of the way.

WOMEN TALK MONEY



Lorna Kapusta



Padma Lakshmi



SCAN TO REGISTER TODAY: Fidelity.com/WHM



Viola Davis



Sangeeta Moorjani

Investing involves risk, including risk of loss.

The external figures are not employed by Fidelity but may receive compensation from Fidelity for their services. Fidelity Investments is not affiliated with any other company noted herein and doesn't endorse or promote any of their products or services.

Fidelity Brokerage Services LLC, Member NYSE, SIPC, 900 Salem Street, Smithfield, RI 02917

© 2024 FMR LLC. All rights reserved. 11265521.0



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.



March 7 | 12:00 pm ET

Fidelity

Unlock Your Money's Full Potential

There's no better time to take charge of your money. Join Fidelity's Women Talk Money team and renowned chef and Emmy-nominated producer **Padma Lakshmi**, as we talk steps to help make your money work even harder and share tips for getting after your money and career goals. Don't miss this free event.

[REGISTER TODAY!](#)

March 7 | 1:00 pm ET

Care.com

Emotional Wellness: Managing Fear & Anxiety

Learn how to talk through our thoughts to realize that our fears and anxieties are manageable and controllable.

[REGISTER TODAY!](#)

March 20 | 2:00 pm ET

Cigna EAP

Taking Charge of Your Healthcare

From choosing a doctor to evaluating fees to understanding preventive care, staying well can be confusing! This seminar can help you get up to speed.

[REGISTER TODAY!](#)

March 21 | 12:00 pm ET

Fidelity

Unlock Your Money's Full Potential

Going after your money and career goals? We've got ways to help you get started and we're breaking it all down during our free event, **How to Build Money & Career Success**. Join Fidelity's Women Talk Money team and award-winning actress and producer **Viola Davis**, as we talk steps for creating a money and career game plan and share ways to advocate for your worth in the workplace.

[REGISTER TODAY!](#)



Prevention Is Its Own Reward

Making your health a priority is easy with ZOLL's Healthy Hearts! Healthy You! Program. With free onsite Biometric and Blood Screenings at your ZOLL location, and points for annual exams and other Preventive Health Screenings, you can take the first step toward your good health and your \$500 Reward. Check out this month's blog to find out which screenings are right for you.

[LEARN MORE](#)



HEALTHY HEARTS! HEALTHY YOU!

SEIZE THE ZZZZ CHALLENGE

The Healthy Hearts! Healthy You! Seize the Zzzz Sleep Challenge ends on March 19. Be sure to track your progress to earn points toward your \$500 Reward!

[TRACK HERE](#)



DID YOU KNOW?

Tax season is here. Fidelity offers a 25% discount on Turbo Tax.

[LEARN MORE](#)

[START EXPLORING](#)

ZOLLBenefits.com