



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

The Importance of Building a Financial Foundation

Jenn Bare, Senior Benefits Specialist, joins Alyson to remind us of the importance of building a strong financial foundation. Jenn shares the topics that will be featured in the Financial Wellness Education Series throughout April and May, hosted by Fidelity. Check it out and learn how to be entered to win a prize!



WATCH TODAY



Financial Wellness Education Series

In Q2, ZOLL and Fidelity share tips on Foundation Building. The series focuses on topics you asked about, including managing your money, building your financial foundation, becoming a savvy investor, and preparing for retirement. Don't worry if you miss one, the series will continue throughout 2024 and there are many on-demand webinars to choose from!

Earn an entry into a raffle for every Financial Wellness Education Series webinar you attend! Click the link to learn more and register today.



LEARN MORE

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

April 17 | 12:00 pm ET

5 Money Musts

Learn about budgeting, managing your debt, investing, and retirement to reach your money goals.

REGISTER TODAY!

April 24 | 2:00 pm ET

Buying a Home

Understand the factors that you should consider before owning a home.

REGISTER TODAY!

HEALTHY HEARTS! HEALTHY YOU!

Registration is Open April 24 – May 7

Invitational Team Steps Challenge

Get your steps in and earn points toward your \$500 Reward!

LEARN MORE!

April 17 | 2:00 pm ET

Cigna EAP

Emotional Fitness: Embracing Empathy

Empathy is a superpower when it comes to supporting others... and ourselves! Join us to learn how to cultivate the skills and mindset. And try putting it into practice.

REGISTER TODAY!

April 25 | 1:00 pm ET

Care.com

Your Healthy Lifestyle: Eating Right on the Run and on a Budget

We all make excuses for eating junk or fast food. We'll review strategies for quick, inexpensive meals that are good choices. Learn the basics of eating healthy within your financial means.

REGISTER TODAY!

WE WANT TO HEAR FROM YOU!



Be sure to share your feedback in the pop-up survey when you visit **ZOLLbenefits.com**.

LEARN MORE



Financial Literacy Puts You in Control

ZOLL helps you take control of your finances with free tools and resources through Fidelity and CAPTRUST. With webinars available at the click of a button, you can learn at your convenience about things that matter to you, including saving and budgeting, investing, and planning for retirement. Check out the blog and get on the path to fiscal fitness today.

LEARN MORE



CELEBRATE AMERICA SAVES WEEK: APRIL 8-12

Saving, paying down debt, and boosting your credit score can make a big difference when it comes to reaching your money goals — and Fidelity has the tips and tools to help. All week long, you'll find online workshops, how-to guides, and videos covering popular topics, including:

- Making saving automatic
- Saving for the unexpected and major milestones
- Creating a money plan that works for you

START HERE



DID YOU KNOW?

Onsite Biometric and Blood Screenings are happening throughout the month of April. Check here for times and locations so you can get your screening and earn points toward your \$500 Reward!

LEARN MORE

START EXPLORING

ZOLLbenefits.com