



# THE BEAT

YOUR MONTHLY BENEFITS UPDATE



## ALYSON'S SPOTLIGHT

### Know When You Need to Get Help

As we recognize National Mental Health Awareness month in May, we share the inspiring personal mental health journey of Verge Manyen, Senior Mechanical Engineer from Cardiac Science. His story is not unique. More than 1 in 5 adults live with mental illness. Verge encourages us to ask for help. **Please note, sensitive themes are discussed and viewer discretion is advised.**



WATCH TODAY



**MENTAL HEALTH**  
AWARENESS MONTH

### Asking for Help Starts with You

During Mental Health Awareness month, we work together to reduce the stigma associated with mental illness. Prioritizing self-care can help you better understand your feelings and know when you need support. Asking for help can be life changing. Verge Manyen shares his personal mental health journey and how asking for help saved his life. Read Verge's inspirational story and explore the mental health resources and support tools available to you.

LEARN MORE

*Please note, this article contains sensitive themes and may be difficult for some people. Reader discretion is advised. If you or someone you know is struggling with suicidal thoughts, please seek help from a mental health professional, or call or text 988 to reach the Suicide and Crisis Lifeline for free, confidential support, 24/7.*

### 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

May 8 | 2:00 pm ET

**Caring for an Aging Loved One**  
Aging is a part of life. We will discuss how to prepare a plan with and for your loved one, navigate common concerns, and prioritize your own self-care in the process.

REGISTER TODAY!

May 8 | 2:00 pm ET

**Cigna EAP**  
**Beating Burnout for Managers**  
Are you burned out at work? What about your team? Find out how to spot the signs of burnout and review proactive strategies to help you get ahead of it.

REGISTER TODAY!

May 16 | 1:00 pm ET

**Care.com**  
**Succeed at Work: Managing Strong Emotions**  
Strong emotions are inevitable. This webinar goes beyond identifying emotions to help us manage and control ourselves when all of our buttons have been pushed. Learn real strategies and state-of-the-art techniques to help you say and do the right thing to keep your cool.

REGISTER TODAY!

May 22 | 2:00 pm ET

**Cigna EAP**  
**Minding Your Mental Health**  
When investing in your health, don't forget mental health! We'll discuss how self-care contributes to emotional vitality and the role professional support can play.

REGISTER TODAY!

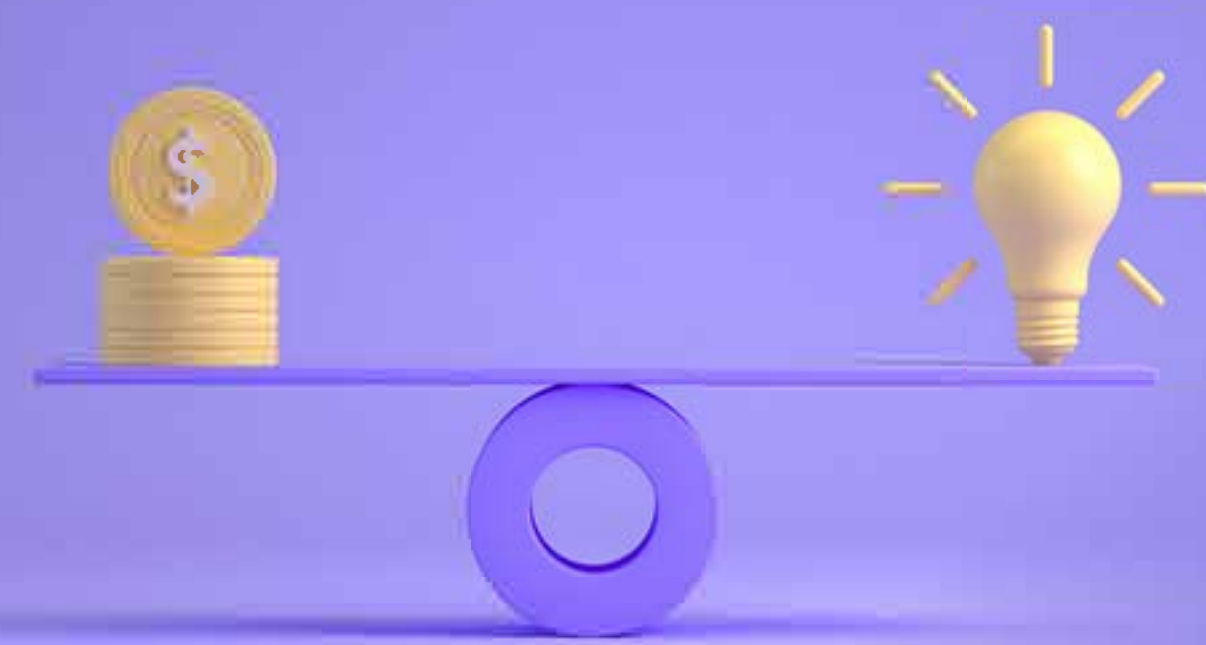


**HEALTHY HEARTS!  
HEALTHY YOU!**

### THE INVITATIONAL TEAM STEPS CHALLENGE

The Invitational Team Steps Challenge ends on June 11. Be sure to track your steps to earn points toward **your \$500 Reward!**

TRACK HERE



### Keep Working at Your Financial Fitness

Just like staying physically fit, getting your financial health in shape takes practice. Each month, ZOLL offers webinars presented by Fidelity and CAPTRUST to help you stay on track and continue to learn the steps to build a stronger financial future. Check out the resources and tools available to guide you.

LEARN MORE



### DID YOU KNOW?

1 in 5 adults in the United States lives with a mental illness, according to the Center for Disease Control and Prevention. It's time to remove the stigma and ask for help when you need it.

LEARN MORE

START EXPLORING

**ZOLLbenefits.com**