



# THE BEAT

YOUR MONTHLY BENEFITS UPDATE



## ALYSON'S SPOTLIGHT

### Quality Sleep Impacts Your Overall Well-Being

Alyson is joined by Manu Robertson, a CMS Territory Manager, as he shares his life-changing experience using the WatchPAT® ONE Home Sleep Apnea Test. As we celebrate Men's Health Month in June, it is important to understand how quality sleep can impact your overall well-being and improve everyday lives.



[WATCH TODAY](#)

### 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.



**June 4 | 12:00 pm ET**

#### Fidelity Investments

##### Active Pro Trader: What Are the Charts Telling Us?

Join John Gagliardi, a Fidelity regional brokerage consultant with 25 years' experience, to learn about major markets indexes, stocks, and sector ETFs that will help you with your investment decisions.

[REGISTER TODAY!](#)

**June 10 | 12:00 pm ET**

#### Healthy Hearts! Healthy You!

##### Lunch and Learn: The Gut Microbiome and the Mental Health Connection

Join your Wellness Coordinators, Robyn and Stephen, as they discuss the connection between your gut and your mental health. You can earn 50 points toward your Reward by attending this Lunch & Learn!

[REGISTER TODAY!](#)

**June 18 | 2:00 pm ET**

#### CAPTRUST

##### Investing Mistakes and How to Avoid Them

Learn some of the more common participant mistakes when it comes to investing, setting priorities, diversification, and more.

[REGISTER TODAY!](#)

**June 19 | 2:00 pm ET**

#### Cigna EAP

##### Eat Well to Feel Well: Food and Your Mental Health

Studies show a direct relationship between what we eat and how we feel. We'll dig into the connection and share how to put a mood-boosting diet into practice.

[REGISTER TODAY!](#)

**June 20 | 10:00 am, 4:00 pm ET**

#### Health Advocate

##### Supporting Your Kids: Identifying and Addressing Signs of Stress

Learn how to identify signs of stress in children of all ages and strategies to support them as they navigate their school life and daily routines.

[10:00 AM \(ET\)](#)

[4:00 PM \(ET\)](#)

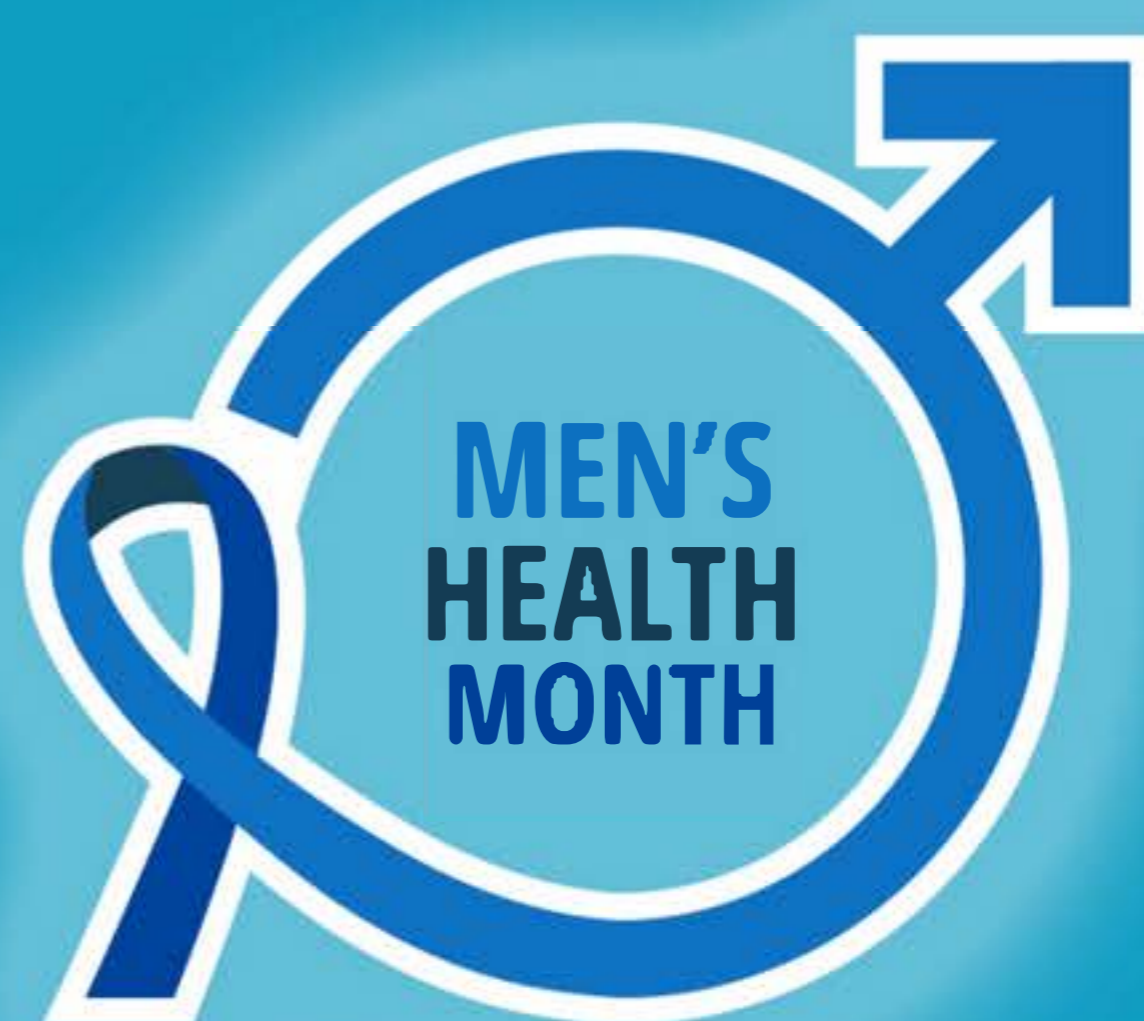
**June 25 | 12:00 pm ET**

#### Fidelity Investments

##### Beginner: Fidelity Viewpoints Market Sense

Market volatility, inflation, and a more hawkish stance from the Fed have investors bracing for what's next. On this episode of Market Sense, Fidelity Professionals weigh in on the opportunities and risks they see as interest rates stay higher for longer.

[REGISTER TODAY!](#)



**HEALTHY HEARTS!  
HEALTHY YOU!**

### MEN'S HEALTH MATTERS: IT IMPACTS US ALL

This June, as we celebrate Men's Health Month, let's shine a light on the unique health challenges men face. Did you know men are two to four times more likely than women to have Obstructive Sleep Apnea? Yet, many men skip routine checkups and hesitate to report symptoms. At ZOLL, we're committed to making health a priority with free in-network preventive care, and programs like Healthy Hearts! Healthy You! Discover how you can benefit from health coaching, and a free WatchPAT® ONE Home Sleep Apnea Test if you qualify. Join us in spreading awareness and taking steps toward better health for all. Visit our blog to learn more.

[LEARN MORE](#)



### Build a Secure Future with LGBTQIA+ Resources

When it comes to building a future that fits your unique family, WINFertility offers resources and tools that can help you plan, save, and invest. Learn how to navigate financial challenges that impact you.

[LEARN MORE](#)

**June 12 | 3:00 pm ET**

#### Family-Building for All: LGBTQIA+ Pathways

Join WINFertility for an inclusive and informative session dedicated to exploring diverse pathways to family-building within the LGBTQIA+ community.

[REGISTER TODAY!](#)



### DID YOU KNOW?

Approximately 39 million U.S. adults have obstructive sleep apnea (OSA), according to the National Council on Aging. Complete the Healthy Hearts! Healthy You! Health Assessment Questionnaire to see if you are eligible for a free WatchPAT® ONE Home Sleep Apnea Test.

[LEARN MORE](#)

[START EXPLORING](#)

[ZOLLbenefits.com](https://ZOLLbenefits.com)