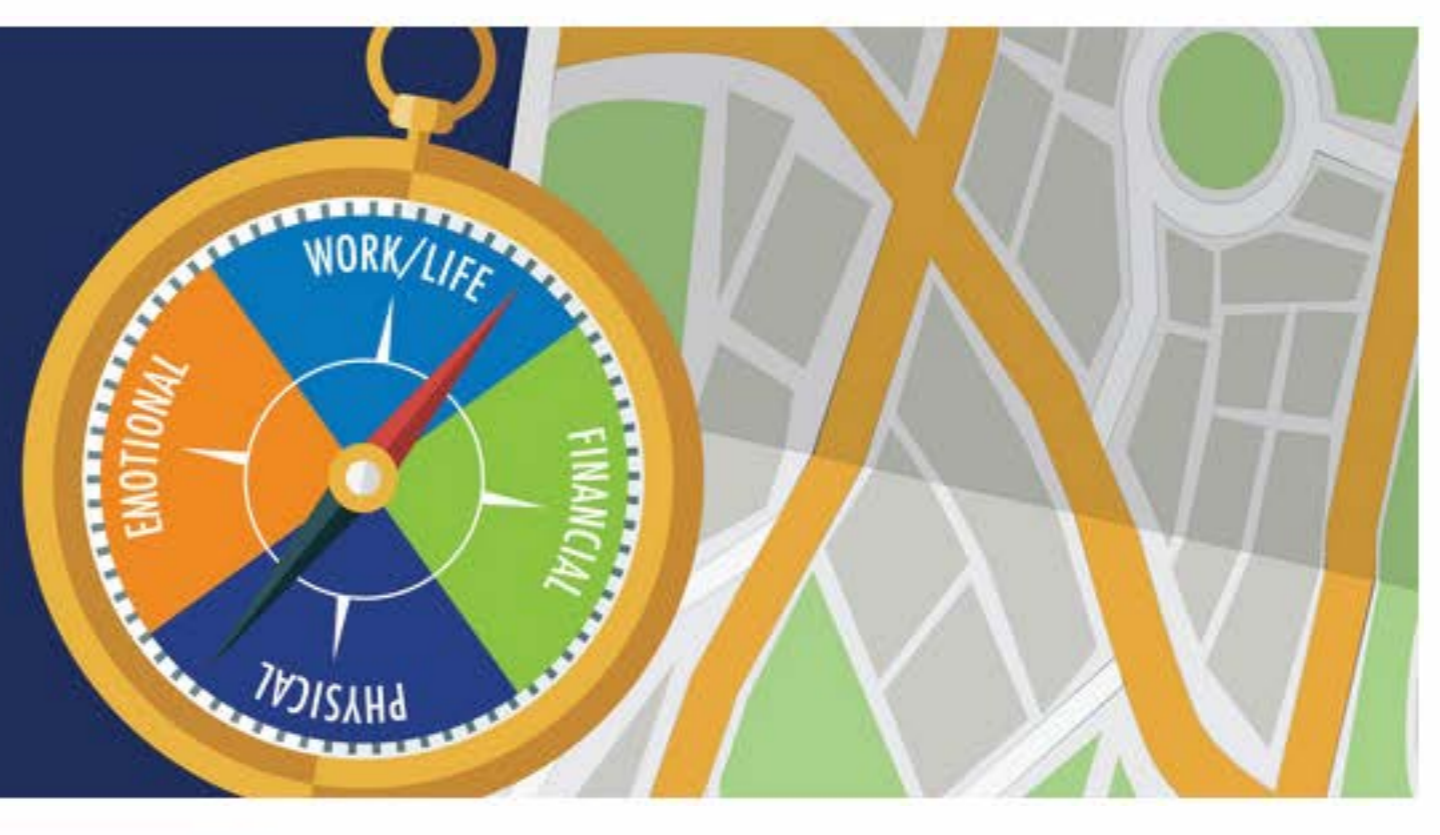




THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Experience the Impact of Health Coaching

Cryta Wilson, Senior Clinical Support Specialist at our ACT division, and our first Wellness Champion, joins Alyson to share how Health Coaching has positively impacted her life and improved her overall health. They remind us that July is the perfect time to start earning your \$500 Healthy Hearts! Healthy You! Reward before the September 30 deadline.



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.



July 16 | 12:00 pm ET

Doctor's Choice

Mastering Medicare Webinar: ZOLL Medical

It's important to understand healthcare options, especially as it relates to retirement. Doctor's Choice online workshops can help you navigate Medicare. **This session is recommended for ZOLL employees, and anyone guiding loved ones through the Medicare planning process.**

7/16 2:00 PM (ET)

7/16 4:00 PM (ET)

7/24 2:00 PM (ET)

7/24 4:00 PM (ET)

July 17 | 12:00 pm ET

CAPTRUST

Managing and Reducing Financial Stress

Financial stress shouldn't stop you from reaching your financial goals. As part of the Ask CAPTRUST webinar series, this 30-minute panel discussion will explore the impact of financial stress on mental health and offer practical tips for managing stress now and in the future.

REGISTER TODAY!

July 18 | 2:00 pm ET

Health Advocate

Social Media Privacy

Social media is designed to share information – photos, articles, thoughts – with other people. In this special webinar, guest presenter Chris Shelton, a Fraud Resolution Specialist, will discuss how oversharing on public platforms can endanger personal and financial safety.

REGISTER TODAY!

July 24 | 2:00 pm ET

Cigna EAP

Civility and Respect at Work

From rude responses to thoughtless actions, disrespect can creep into coworker interactions. In this seminar, we'll discuss what disrespect looks like and share response strategies to help create a workplace where everyone feels valued and can do their best work.

REGISTER TODAY!

July 25 | 1:00 pm ET

Care.com

Your Healthy Lifestyle: Dealing with Sleep Issues

Do you have difficulty sleeping? We'll explore sleep disorders and their causes, discuss the benefits of sleep studies, and examine sleep's relationship to stress and the release of cortisol. Additionally, you'll identify ways to address insomnia and leave with helpful resources.

1:00 PM (ET)

Save Your Seat!



The Financial Wellness Education Series resumes in August.

Register for the series and check out the on-demand webinars today!

LEARN MORE



HEALTHY HEARTS! HEALTHY YOU!

YOUR \$500 REWARD IS WAITING!

Summer is a great time to get active, work on healthy habits, and earn points toward your \$500 Healthy Hearts! Healthy You! Reward. By starting now, you and your spouse can complete the steps by September 30, 2024 to earn \$500 each. To make it even easier, onsite screenings continue through the summer. What are you waiting for? Healthy Hearts! Healthy You! is here to support your good health! Click the link below and follow the steps toward your reward!

LEARN MORE



The Financial Wellness Challenge is Back!

The Healthy Hearts! Healthy You! Financial Wellness Challenge starts soon. Registration opens July 17. Learn helpful tips to improve your financial well-being and get fiscally fit in 2024. And earn points toward your \$500 Reward!

LEARN MORE



DID YOU KNOW?

Having a Health Coach can help you improve your overall health, including reduced blood pressure and cholesterol levels, with a personalized health plan.

LEARN MORE

START EXPLORING

ZOLLbenefits.com