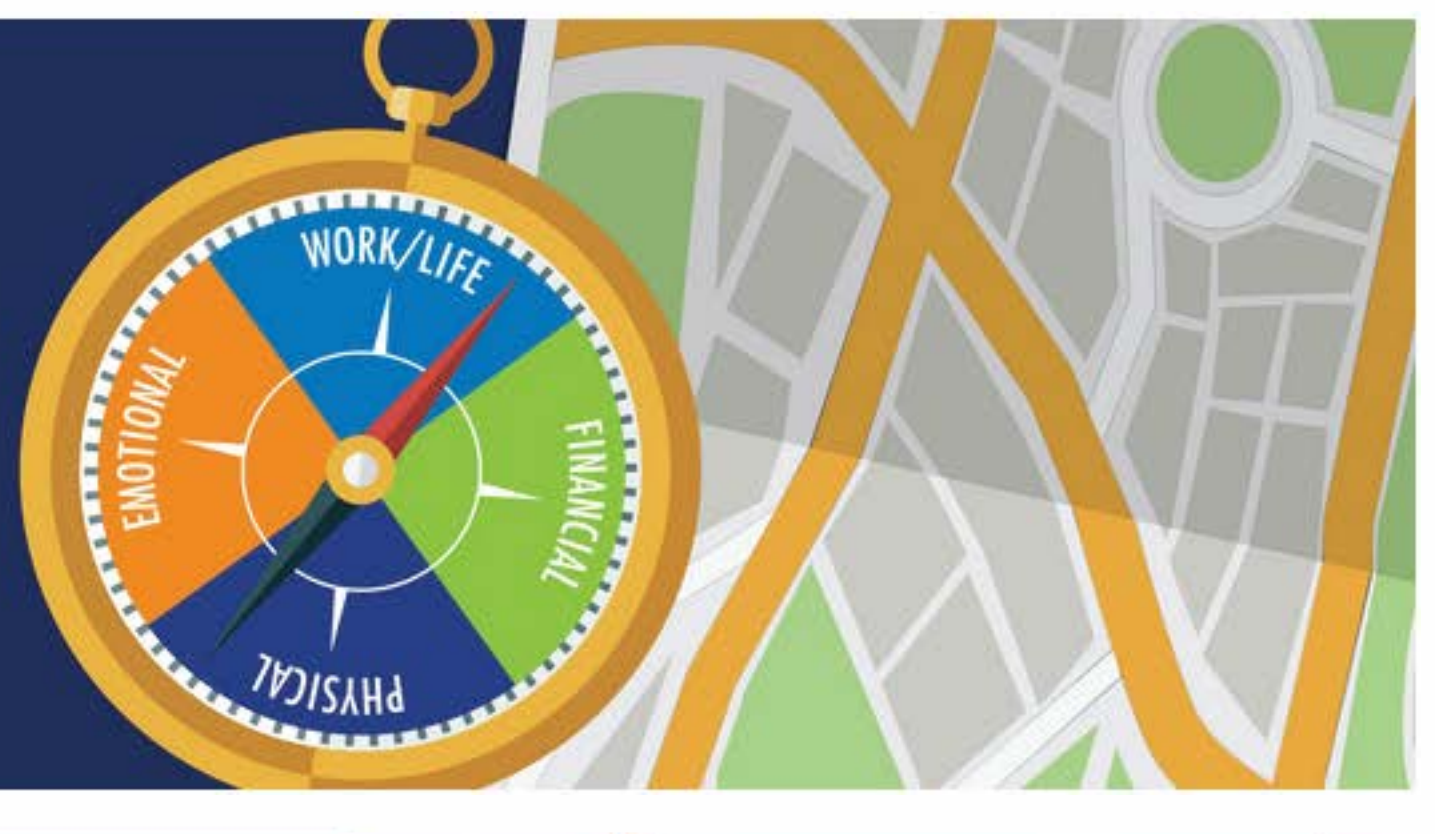


THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Flu Shots, \$500 Rewards, and Benefit Fairs, Oh My!

Mark your calendars, there are a lot of important ZOLL events coming up this Fall! Alyson and Sophia Owens, ACT's Health & Wellness Administrator, share all the key dates, including the Healthy Hearts! Healthy You! Reward deadline on September 30th, flu shot clinics and benefit fairs starting in early October, and an Open Enrollment reminder for November. Listen in so you can stay up to date.



WATCH TODAY

HURRY, you have until September 30th to earn your \$500 Reward!

Act now and complete your requirements:

- Health Assessment Questionnaire
- Biometric and Blood Screening

Check your status now!

HEALTHY HEARTS! HEALTHY YOU! PORTAL



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

October 2 | 2:00 pm ET

Top Things to Do Before You Retire

Wish you had a to do list to help you prepare for retirement? Learn how to get your financial house in order and other important considerations that can impact your decisions.

REGISTER TODAY!

October 9 | 2:00 pm ET

Understanding the Basics of Social Security

Social Security may be an important income source for retirement. Learn about key Social Security claiming ages and how your benefit is calculated, so you can better understand the choices.

REGISTER TODAY!

September 18 | 2:00 pm ET

Cigna EAP

Age Is Just a Number: 50 and Beyond

50 is the new 30! Or is it? Aging brings new challenges, but also new opportunities. Discover the many ways you can make the most of this stage of life.

REGISTER TODAY!

September 19 | 10:00 am, 4:00 pm ET

Health Advocate

Coping with Grief and Loss

Grief can be experienced in many different ways, and for those who have lost a loved one or are mourning other losses such as mobility, their job, a home, or more, this can have a tremendous impact on their health and well-being. Join us with Angela Dobrzynski, LPC, to look at the factors that influence grieving and when/where to find additional support, including tips for coping with grief.

10:00 AM (ET)

4:00 PM (ET)

September 25 | 1:00 pm ET

Care.com

Child Care & Parenting: Success in School

Learn strategies to help your teen navigate peer pressure and maintain discipline while managing their relationships with teachers, academic challenges, organizational skills, and involvement levels.

REGISTER TODAY!



Top Things to Do Before You Retire!

Attend the Financial Wellness Education Series in October to learn about saving and investing beyond retirement. Registration is open, save your spot!

REGISTER TODAY



STAY HEALTHY, GET YOUR FLU SHOT!

September means back to school, a great time to remember to make sure all vaccinations and flu shots are up to date. It's important to protect yourself and your family from the flu virus. ZOLL will be hosting onsite flu clinics, free for all ZOLL Medical employees. You can find dates and times in this month's blog and find out where to register. As you prepare your kids for going back to school, one of the greatest lessons you can share is prioritizing your health and well-being.

LEARN MORE



DID YOU KNOW?

On average, flu season can lead to tens of millions of illnesses, hundreds of thousands of hospitalizations, and tens of thousands of deaths each year according to the Centers for Disease Control and Prevention. Vaccinations can significantly improve these outcomes.

LEARN MORE

START EXPLORING

ZOLLbenefits.com