



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

We Heard You!

Alyson introduces you to Broadspire, ZOLL's new leave of absence administrator for 2025. Meaghan Mistro, Senior Territory Manager at CMS, joins Alyson to share how ZOLL's Paid Parental Leave helped her to focus on her postpartum recovery and bonding with her new child.



WATCH TODAY

Attention all Surest members:

Attend a webinar presented by UnitedHealthcare to review your 2025 Surest plan and make the most of all it has to offer! Join us for a quick review of how to access the plan, followed by a Q&A session.

January 27, 3:00 pm (ET)

January 30, 10:30 am (ET)

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.



January 16 | 10:00 am, 4:00 pm ET

Health Advocate Depression, Anxiety, and Burnout: Moving Toward Hope and Health

For some people, feelings of depression, anxiety, and burnout may seem insurmountable. Those experiencing these conditions are far from alone, but recognizing when we need extra support for our emotional and mental well-being is critical. Join us for a free webinar with guest presenter Angela Dobrzynski, LPC, where we'll explore the definitions of depression, anxiety, and burnout. We'll discuss their signs and symptoms and provide strategies for seeking help when necessary.

10:00 am (ET)

4:00 pm (ET)

January 29 | 2:00 pm ET

Cigna EAP Wellness One Notes: Micro Moves for Better Health

When it comes to making healthy changes, mini moves can deliver big results. From sleep strategies to social connections, find your small steps to wellness.

REGISTER TODAY!

HEALTHY HEARTS! HEALTHY YOU!

Financial Wellness Challenge
Build a better financial future and earn points toward your \$500 Reward.

Registration opens February 5.
Challenge begins February 19.

LEARN MORE!

HEALTHY HEARTS! HEALTHY YOU!



BUILD YOUR BEST SELF IN 2025!

Start fresh in 2025 with Healthy Hearts! Healthy You! Work with a Health Coach to create your personalized blueprint and start earning points toward your \$500 Reward.



Complete your Health Assessment Questionnaire by May 31, 2025 to receive a prize.

GET STARTED TODAY!



DID YOU KNOW?

ZOLL offers eligible employees up to six weeks of paid **Postpartum Recovery Leave** for the birth of a child, and up to six weeks of **Bonding Leave** so you can take the time you need without worry.

LEARN MORE

START EXPLORING

ZOLLbenefits.com