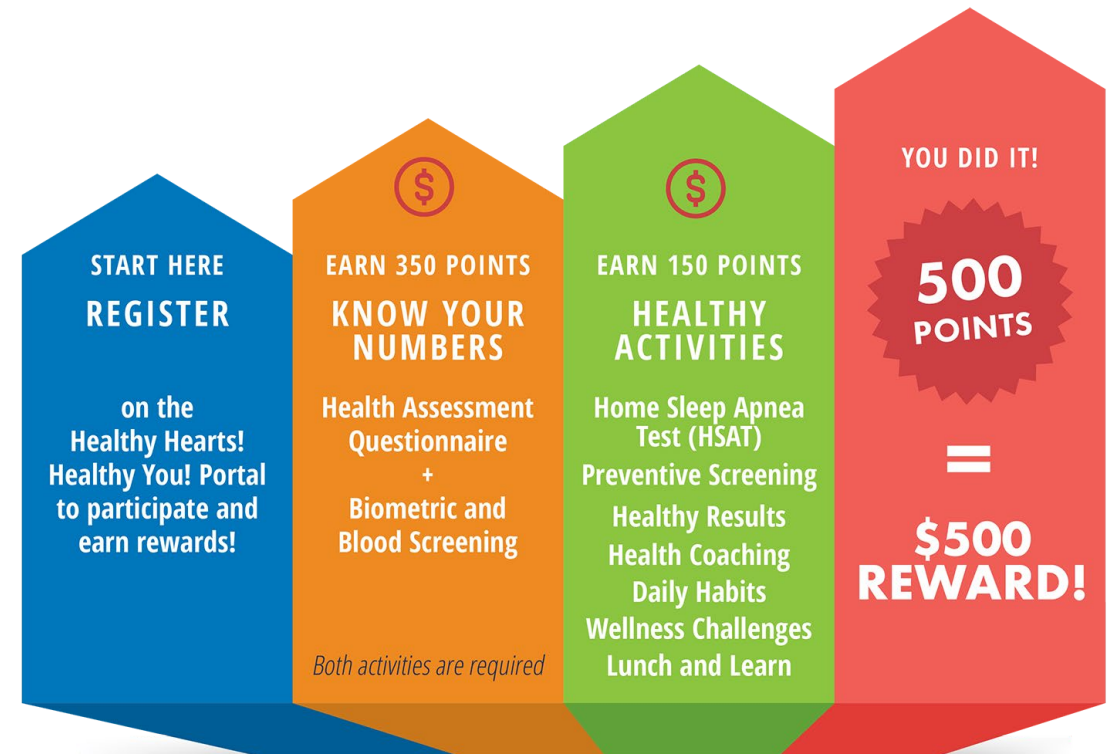


Healthy Hearts! Healthy You!

HH!HY! is designed to give you a personalized, accurate picture of your current health and provide you with a roadmap for how to maintain or improve your well-being.



Meet Your Wellness Coordinators

Robyn Zagoren-Martichuski, MS
rzagoren@webmd.net

Wellness Coordinator:

ACT

Onsite Wellness Promotion: Chelmsford MA, and
Pawtucket RI

- Masters in Sport Medicine from Northeastern University, Boston MA.
- B.S. in Physical Education and Health from Boston University, MA.
- Certified mindfulness teacher, athletic trainer, facilitation, and Reiki master.
- Background in Education, Athletic Training, and Corporate Wellness.

Stephen Bittner, MPH
Sbittner@webmd.net

Sr. Wellness Coordinator:

CMS, Itamar, Respicardia

Onsite Wellness Promotion: Pittsburgh, PA

- Master's in Public Health from Purdue University Global.
- B.S. in Exercise Science/Kinesiology from Indiana University of Pennsylvania.
- Background in community health and wellness, and non-profit work.
- Loves nature, fishing, playing sports, and spreading positive health and wellness.

What is Healthy Hearts! Healthy You!?

- When we invest in our health, everyone wins – our families, friends, colleagues, and especially ourselves. No matter where you are in your journey, Healthy Hearts! Healthy You! is designed to help you take your next step toward your well-being. And you'll have support all along the way.
- The program delivers a well-rounded approach to wellness and provides you with all the tools and resources you need to support your wellness journey.
- And getting healthy comes with rewards!



Healthy Hearts! Healthy You!

- Earn **500 points** by **September 30, 2025**
- **All Employees and Spouses are eligible.**
- Rewards paid in 2026 – up to \$1,000 per household
 - \$500 for employee; \$500 for spouse
 - **Medical Premium discount** for employees enrolled in a ZOLL medical plan
 - **Cash reward** for employees not enrolled in a ZOLL medical plan
 - **Cash reward** for spouses



Activities and Point Values

Step 1 : Know your numbers

Activity	Pts
Health Assessment Questionnaire*	350
Biometric and Blood Screening*	

***Required Activities**

**REQUIRED
ACTIVITIES!**

Step 2: Healthy Activities

Activity	Pts	Reward Details
Daily Habits Plan Completion	50	Complete up to 3 plans for maximum points.
Health Coaching Session Completion	50	Complete up to 3 sessions for maximum points.
Challenge Completion	50	4 challenges planned for the year. Complete up to 3 challenges prior to incentive deadline.
Preventive Exams	50	Self-report: Annual physical, Mammogram, and/or Colonoscopy
HSAT – Sleep Apnea test	150	Click “Yes” in the Health Assessment Questionnaire to receive a free sleep apnea risk assessment.
Blood Glucose (Fasting or Non-Fasting)	50	Fasting: In range (less than or equal to 99.99) or show improvement Non-Fasting: In range (less than or equal to 139.99) or show improvement
Blood Pressure	50	In range (less than or equal to 119.99/79.99) or show improvement
Cholesterol Ratio	50	In range (less than or equal to 3.5) or show improvement
Webinar	50	Attend one webinar hosted by your wellness coordinators

Quarterly Wellness Challenges

Four fun and interactive challenges throughout the year.

- Financial Wellness Challenge 2/5
- Invitational Step Challenge, 4/23
- Rethink Your Drink Challenge 7/9
- Make Your Move Challenge 10/15

50 pts each
up to 150 pts
maximum



Health Coaching

- Work one-on-one with a professional health coach to achieve your goals
 - Personalized wellness plans
 - Encouragement and expert advice
 - Flexible scheduling
- Complete up to 3 sessions toward your reward
 - 4th session and beyond – no points rewarded

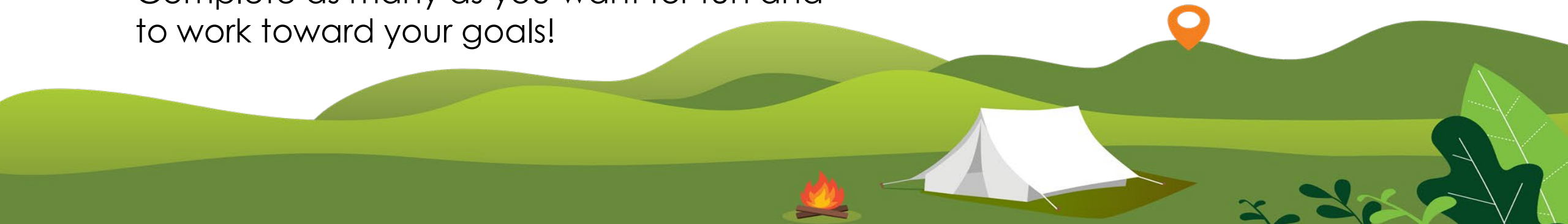


Daily Habits

- Complete a Daily Habit for 50 points
- Each day answer a simple question
- Many to choose from:
 - Back Health
 - Work Life Balance
 - Diabetes
 - Enjoy Exercise

Complete up to 3 daily habits for points

Complete as many as you want for fun and to work toward your goals!



Home Sleep Apnea Test (HSAT)

Home Sleep Apnea Test



Achieving better sleep will help you experience benefits like a sharper brain, a healthier heart, and a stronger immune system.

- **Select "Yes" in the Health Assessment Questionnaire (HAQ) to access a free risk assessment for sleep apnea through Healthy Hearts! Healthy You!**



HH! HY! Webinars: Attend one for 50 points

Four webinars: 12:00 – 1:00 p.m. EST

- Sleep and the HSAT: **Feb 3.**
- Strength Training: **April 7.**
- Hydrate Healthfully: **June 9.**
- Menopause in the workplace: **August 11.**



New: Preventive Health Screening

Now you can **earn 50 points with a Preventive Health Screening!**

Remember, you first need to complete STEP 1 (Your Health Assessment Questionnaire and Biometric and Blood Screening).

Screening Options:

- Annual Exam
- Colorectal Exam
- Mammogram
- Cervical Screening



Let's Get Started!

- Create an account:
 - Visit <https://webmdhealth.com/zollwellness>
 - Input your Registration ID: Last 6 digits of your Social Security Number + Date of Birth
- Complete the Health Assessment Questionnaire
- Complete your Biometric and Blood Screening
- Download the **Wellness at Your Side** app
 - Connection Code: **ZOLL**



Questions?

