



THE BEAT

YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Confused about Where to Go for Care?

Tanya Riley, Director of Health Plan Programs, joins Alyson to demystify the process of finding the right doctor and navigating your best options for care. With ZOLL's comprehensive medical plans offering a range of excellent choices, you can easily match your needs to the appropriate provider, saving both time and money in the process.



WATCH TODAY

Choose the Right Level of Care, Save Money!

When it comes to your health, making informed decisions about where to go for care is crucial for receiving the best treatment while being a smart consumer.

Think of your health care options like home repairs. If you have a leaky faucet, you wouldn't call an emergency service; instead, you'd contact a handyman or plumber for a routine fix. Your health care is no different. For minor health issues like a cold or routine check-ups, choosing telemedicine or your primary care doctor would be the right choice. However, if your health situation is more like a burst pipe causing significant damage, the emergency room may be better equipped to provide life-saving care.

Know Where to Go for Care

ZOLLbenefits.com is your 24/7 resource, designed to help you navigate your health care options and find the best fit for your needs. By knowing where to go, you can make informed decisions quickly, ensuring you receive the right care without unnecessary costs.

LEARN MORE



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.



March 11 | 2:00 pm ET

CAPTRUST

Personal Finance: Managing Your Money

Learn how to meet your short-term financial needs without sacrificing your long-term goals.

REGISTER TODAY!

March 19 | 2:00 pm ET

Fidelity

Women Talk Money: Getting real about women's health costs

We're putting a spotlight on women's health needs and costs that are top of mind today. Don't miss this powerful discussion with Kate Ryder, founder and CEO of Maven Clinic, along with Fidelity's Sasha Heathman, Karen Volo, and Lorna Kapusta, as they chat about resources to help you prepare.

REGISTER TODAY!

March 26 | 2:00 pm ET

Fidelity

Women Talk Money: Lessons about money, work & life

Saving, investing, and career tips you should know? Find out from Fidelity's Lorna Kapusta, Jennifer Bennett, and Alexandra Roca, with special guest Robin Roberts as she shares her go-to advice for reaching your life and career goals.

REGISTER TODAY!

March 26 | 2:00 pm ET

Cigna EAP

Effective Time Management

There'll never be more than 24 hours in a day. Do you spend yours wisely? Join us for tips on how to maximize your time while reducing stress.

REGISTER TODAY!

HEALTHY HEARTS! HEALTHY YOU!



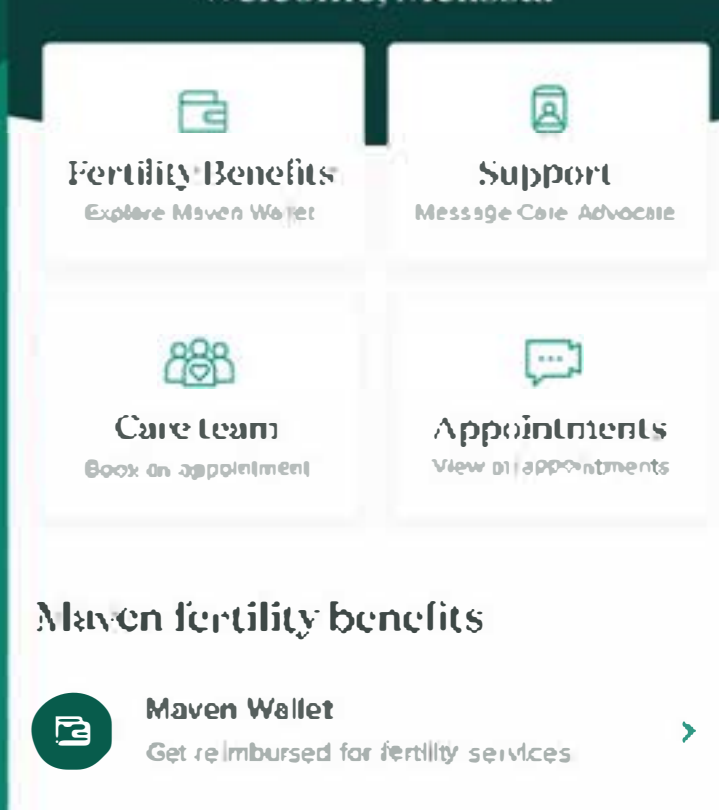
CHALLENGE YOUR FINANCIAL LITERACY

Boost your financial strength by preparing for retirement, empowering the next generation with financial literacy, staying vigilant against fraud, and building resilience in the face of economic uncertainty.

Whether or not you're participating in the Healthy Hearts! Healthy You! Financial Wellness Challenge, these suggested activities will help you become more educated about your financial health.

DOWNLOAD HERE!

Welcome, Melissa!



Take charge of your reproductive health journey: Advocate for yourself at every stage

Presented by Maven

Whether you're trying to conceive, navigating fertility treatments, experiencing pregnancy, raising a family, or approaching menopause, knowing how to advocate for yourself is essential.

Join Maven's live event to learn how to take charge of your reproductive health. We'll explore the various stages of reproductive health, providing practical tips for making informed decisions and ensuring your voice is heard.

March 18 | 12:00 pm ET

REGISTER TODAY!



DID YOU KNOW?

ZOLL's medical plans offer many different virtual provider options, including primary care, physical therapy, and telemedicine. In fact, all virtual visits are free when you're enrolled in the Surest plan!

LEARN MORE

START EXPLORING

ZOLLbenefits.com