

THE BEAT

YOUR MONTHLY BENEFITS UPDATE



Watch for the next edition of

ALYSON'S SPOTLIGHT

Coming Soon!

Special Support for Those Who Need it Most

April is Autism Awareness Month, a time to raise awareness and understanding of neurodevelopmental conditions. It is important to offer support for individuals with diverse neurological profiles and their families.

Special needs support for children is crucial. Early intervention and access to appropriate resources can have a significant impact on a child's development and future success.

ZOLL offers special needs support designed for families and children with complex health care needs through our vendor partners. By offering tailored support services, we can help children with special needs reach their full potential, improve their quality of life, and build essential skills for learning and social interaction.

Visit our special needs support page on ZOLLbenefits.com to learn more.

[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.



April 9 | 1:00 pm ET

New York Life

10 Strategies for Improving Your Finances

The current economic climate presents both challenges and opportunities for managing finances. You may be asking, "What should I prioritize?" or "What goals should my family and I focus on?" This workshop covers 10 essential financial tips to guide you toward financial well-being, even in uncertain times.

[REGISTER TODAY!](#)

April 15 | 2:00 pm ET

CAPTRUST

Balance Competing Financial Priorities

The middle of your career is often its busiest season. Learn how to identify — and balance — competing financial priorities while continuing toward your long-term financial goals.

[REGISTER TODAY!](#)

April 28 | 12:00 pm ET

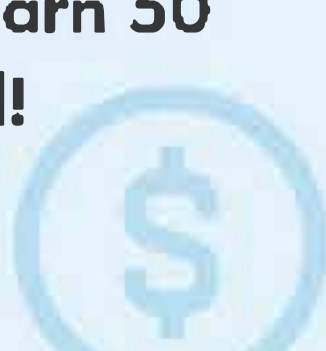
Robyn Zagoren-Martichuski and Stephen Bittner

WebMD Wellness Coordinators

Healthy Hearts! Healthy You! Lunch & Learn: Strength Training

Join your Wellness Program Coordinators, Robyn and Stephen, as they discuss strength training and how to incorporate different components into your fitness routine, which can yield numerous physical and mental health benefits. **Attend and earn 50 points toward your Reward!**

[REGISTER TODAY!](#)



May 6 | 2:00 pm ET

Fidelity

Get Started and Save for the Future You

Join Fidelity as they help us understand the benefits of enrolling in ZOLL's 401(k) plan! This webinar is designed to help those who are not actively participating in their workplace savings plan or not taking advantage of the company match:

- Learn the steps to enroll in your plan.
- Estimate how much to save for retirement.
- Recognize the benefits of increasing your contributions.

[REGISTER TODAY!](#)



HEALTHY HEARTS!
HEALTHY YOU!



GET MOVING IN THE INVITATIONAL TEAM STEPS CHALLENGE

Step toward well-being in the Healthy Hearts! Healthy You! Invitational Team Steps Challenge. Track your activity and earn 50 reward points by logging at least five days of steps in each of five rounds. Registration opens April 23, and the challenge starts on May 14.

[LEARN MORE](#)



Modern Health



COMING SOON: MODERN HEALTH

You and your dependents will have access to free personalized and confidential mental health support, including therapy, coaching, and self-guided or community-based resources!

Registration for your new mental wellness benefit will begin in May. Watch for more information on ZOLLbenefits.com.



DID YOU KNOW?

According to World Health Organization (WHO), approximately one in 270 people in the world has Autism Spectrum Disorder (ASD). ZOLL offers resources to support special needs for the ones you love.

[LEARN MORE](#)

[START EXPLORING](#)

ZOLLbenefits.com