

THE BEAT

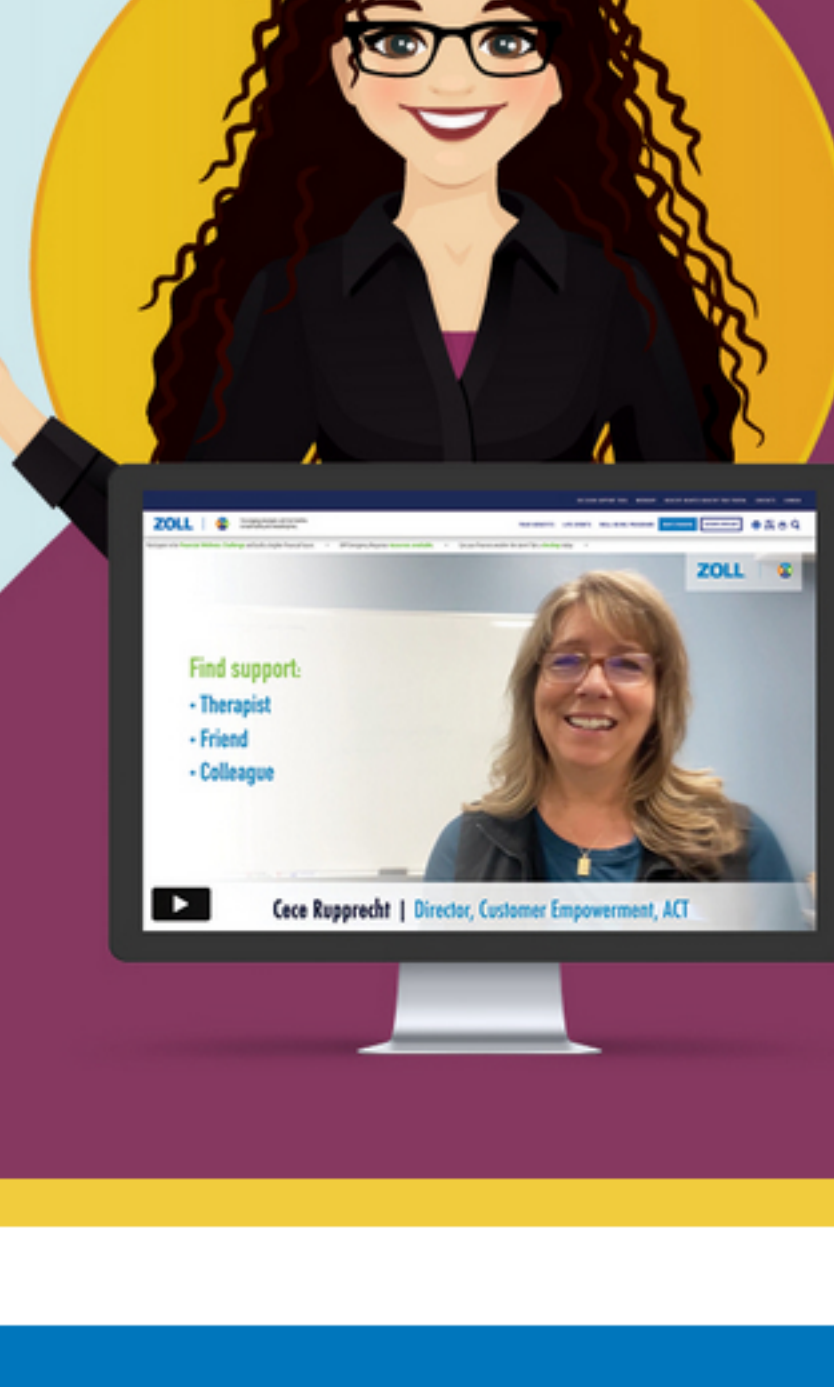
YOUR MONTHLY BENEFITS UPDATE



ALYSON'S SPOTLIGHT

Thrive with Modern Health

In recognition of Mental Health Awareness Month, Alyson and Cece Rupprecht, Director of Customer Empowerment, ACT, team up to highlight the importance of knowing when to ask for help. ZOLL's new mental wellness partner, Modern Health, offers access to confidential one-on-one support, group sessions, and self-serve digital tools to help you thrive in every area of life.

[WATCH TODAY](#)

Meet Modern Health, our new mental wellness partner!

May is National Mental Health Awareness month, a time to raise awareness and support for an estimated 60 million adults living with a mental health condition in the United States. At ZOLL, we believe it should be easy for you to access personalized resources for your mental well-being.

Modern Health is your new confidential platform for mental health, well-being, and resilience. You and your dependents have free, private access to personalized support, including one-on-one guidance, group sessions, and self-guided resources to help you be your best — at home, at work, and in your relationships.

Modern Health offers a holistic approach to meet your unique needs so you can find personalized support, build mental resilience, and find community through group support sessions.

Through Modern Health's mental wellness platform, you and your dependents have quick access to:

- A personalized care recommendation
- One-on-one sessions with certified coaches and licensed therapists
- In-app self-guided digital content like meditation, interactive programs, and courses
- Well-being assessments
- Chat with your care providers
- Group support sessions (called Circles)

[LEARN MORE](#)[Modern Health](#)

Attend a Modern Health webinar to learn more.

ZOLL & Modern Health

Intro to Modern Health FOR MANAGERS

Join us to learn how Modern Health can support the mental well-being of your teams!

[May 7, 12:00 pm \(ET\)](#)[May 8, 2:00 pm \(ET\)](#)

ZOLL & Modern Health

Intro to Modern Health FOR ALL

Join us to learn how Modern Health can support your mental well-being — all at no cost to you!

[May 21, 2:00 pm \(ET\)](#)[May 22, 10:00 am \(ET\)](#)

Modern Health

How Mental Health Impacts Us All

Mental health conditions are much more common than people may think. And while all of us will be affected by mental health concerns during our lifetime, it's not something we tend to talk about. Join this session, led by a Modern Health provider, to learn how mental health impacts us all, and what we can do to start prioritizing our own mental health.

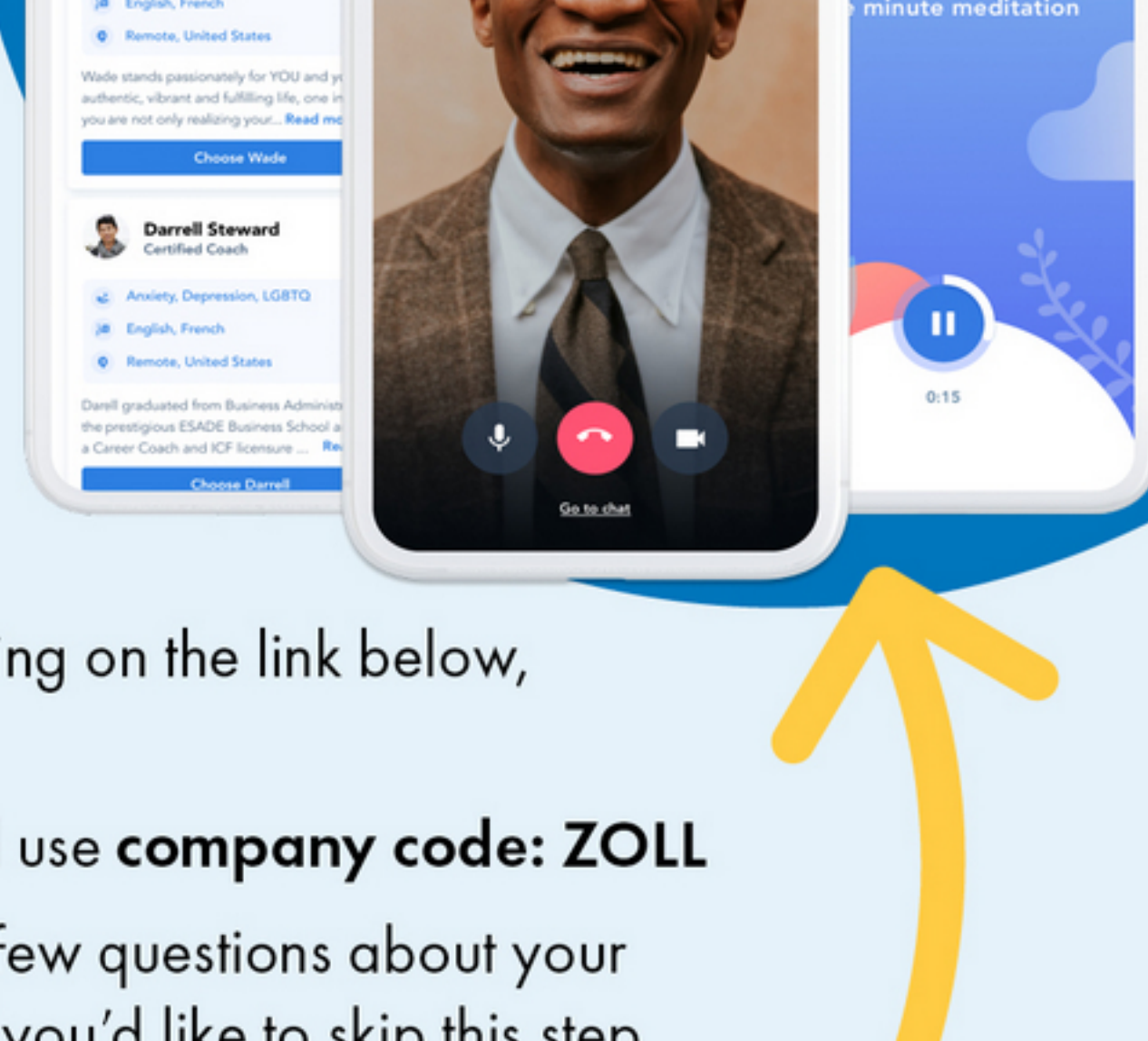
[May 19, 12:00 pm \(ET\)](#)

Modern Health App

With Modern Health's confidential app, accessing support for stress and anxiety, burnout, parenting, work performance, relationships, challenging life events, or finances has never been easier or more personalized.

Get started in three simple steps!

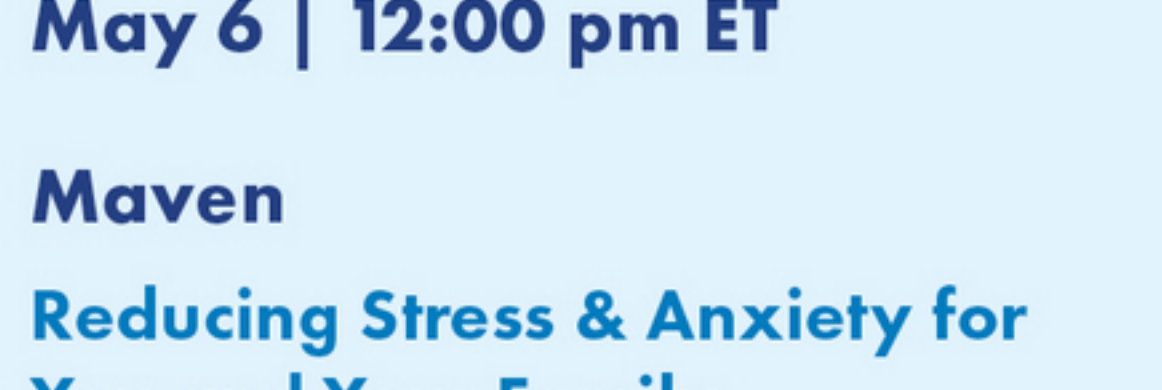
1. Download the Modern Health app by clicking on the link below, or visit my.modernhealth.com to register.
2. Sign up using your ZOLL email address and use **company code: ZOLL**
3. For your personalized care plan, answer a few questions about your well-being and preferences for care — or if you'd like to skip this step you can start exploring the platform right away.

[GET THE APP!](#)

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.

[May 6 | 12:00 pm ET](#)

Maven

Reducing Stress & Anxiety for You and Your Family

This session will cover simple ways to manage stress in everyday life. Whether it's handling responsibilities, tough emotions, or supporting each other, we'll talk about how to create a calm and supportive home for you and your family. Learn easy tips to feel better and help everyone in your family stay strong and stress-free.

[REGISTER TODAY!](#)[May 13 | 1:00 pm ET](#)

Robyn Zagoren-Martichuski Healthy Hearts! Healthy You! Wellness Coordinator

Work-Life Balance and the Mental Load for Women

The Health & Wellness Special Interest Community (SIC) is hosting a powerful session on Work-Life Balance and the Mental Load for Women. This interactive event explores the often invisible weight many women carry as they manage careers, home responsibilities, and emotional labor. It also offers real strategies to help lighten that load. You'll walk away with tools for time management, boundary setting, and stress reduction, along with space to reflect and connect with others who understand.

[REGISTER TODAY!](#)[May 14 | 1:00 pm ET](#)

New York Life Counseling and Therapy, Demystified

There are many myths about counseling and psychotherapy that ultimately prevent people from seeking the help that they need. In this session, we will explore these myths and demystify the therapy process.

[REGISTER TODAY!](#)[May 21 | 1:00 pm ET](#)

CAPTRUST

The Power of Dollar Cost Averaging

This webinar defines dollar-cost averaging, a strategy that involves investing a fixed amount of money at regular intervals, regardless of market conditions. Participants will learn how this approach can reduce the impact of market turbulence on their portfolios over time.

[REGISTER TODAY!](#)[June 3 | 2:00 pm ET](#)

Fidelity

Take the First Step to Investing

This workshop is designed for participants who are looking for help creating an appropriate investment mix through asset allocation and diversification.

[REGISTER TODAY!](#)[June 10 | 3:00 pm ET](#)

Doctor's Choice

Mastering Medicare

Join Doctor's Choice online workshops designed to help you navigate Medicare. In uncertain times, it's important to understand health care options especially as it relates to retirement. Doctor's Choice is offering 1-hour online workshops designed to help individuals navigate Medicare.

[REGISTER TODAY!](#)

Schedule Your Free One-on-One Meeting with a CAPTRUST Advisor

No matter what stage of life you're in, CAPTRUST Financial Advisors can help you plan for a brighter financial future.

Your free personalized financial blueprint will guide you in:

- Building a strategy to pay off debt.
- Creating an emergency fund.
- Investing for retirement.
- Planning for life events such as homeownership or starting a family.
- And much more.

A simple call can change your life — get started today!

[SCHEDULE TODAY](#)

YOUR OPINION MATTERS!

You are invited to participate in a short Financial Wellness survey from CAPTRUST At Work, our free independent financial advisor.

Your responses are completely confidential and will not be shared with ZOLL.

CAPTRUST will use aggregated survey information to better tailor financial tools, education, and resources for ZOLL employees.

Click the link below to participate from May 1 to May 30.

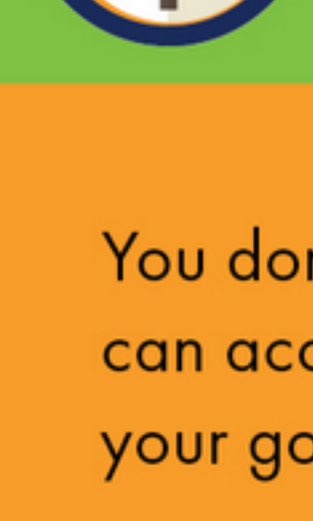
[TAKE THE SURVEY TODAY!](#)

HEALTHY HEARTS! HEALTHY YOU!



THE INVITATIONAL TEAM STEPS CHALLENGE BEGINS MAY 14TH!

REGISTRATION IS OPEN!
Join the Healthy Hearts! Healthy You! Invitational Team Steps Challenge. Get healthy and earn 50 reward points by logging at least five days of steps in each of five rounds.

[LEARN MORE](#)

DID YOU KNOW?

You don't always need therapy to unlock your full potential. With Modern Health, you can access the best support for your needs and create a clear action plan to achieve your goals.

[LEARN MORE](#)[START EXPLORING](#)ZOLLbenefits.com