

# THE BEAT

YOUR MONTHLY BENEFITS UPDATE



## Explore Your Future Reimagined and Start Planning Today!

With June comes dreams of summer fun — and just as summer is about making memories and savoring every moment, planning for retirement is about shaping the life you envision, one season at a time.

Explore **Your Future Reimagined** — our new **ZOLLbenefits.com** section designed to help you chart your retirement adventure at every stage of your career. Whether you're just starting out, navigating mid-career, or approaching retirement, you'll find resources, tips, and inspiration tailored to your journey. Prepare for the financial, emotional, and work/life changes that come with retirement, and discover how thoughtful planning today can help you create a future filled with purpose, enjoyment, and peace of mind.

By investing a little time now and making the most of your ZOLL benefits, you can build a blueprint for your future so your "endless summer" can truly last a lifetime.

LEARN MORE



### Schedule Your One-on-One Meeting and You Could Win A Prize!

Get started on your retirement planning today! Schedule your one-on-one meeting with a CAPTRUST Advisor by June 30 to be entered to win a money journal to help you track your financial progress!

SCHEDULE NOW



## ALYSON'S SPOTLIGHT

### Celebrate Pride Month with ZOLL Pride ERG!

Alyson is joined by Julie Lahr, Senior Clinical Support Specialist and ZOLL Pride ERG Lead, to help us come together in pride, solidarity, and celebration for Pride Month! Julie shares exciting events happening throughout June so you can get involved, have fun with your peers, and support the LGBTQ+ community.

WATCH TODAY



## ZOLL Pride ERG

### Attend an Event!

#### Pride Month 2025 Keynote Speaker: Kelly Schutzberg – Hope & Inspiration

Kelly Schutzberg is a public speaker, middle school educator, and fierce advocate for transgender youth. For the last twenty years, she has navigated the public educational systems in both Tennessee and Massachusetts as a transgender woman. Kelly works with her school system in Massachusetts developing a curriculum that is more inclusive for LGBTQ youth.

As a contributor in the cutting-edge book *Trans Studies in K-12 Education: Creating an Agenda for Research and Practice*, Kelly shares her experiences as an open authentic transgender educator working with middle schoolers and staff.

JOIN LIVE ON JUNE 12 | 3:30 pm ET



Click [here](#) to explore the full activity lineup planned by the ZOLL Pride ERG.

### 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.



June 17 | 2:00 pm ET

#### CAPTRUST

##### Investing Mistakes and How to Avoid Them

In this presentation, CAPTRUST walks through some of the most common mistakes people make with investing — and how to avoid them. They'll cover things like figuring out how much you should be saving, how to set the right financial priorities, and why our gut instincts can sometimes steer us wrong. They'll also break down key investing concepts like picking the right options, understanding diversification, and what you really need to know about timing the market. It's all about making investing feel a little less overwhelming and a lot more doable.

REGISTER TODAY!

June 24 | 12:00 pm ET

#### Maven

##### Support for LGBTQIA+ Reproductive Healthcare

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!

Modern Health

### Honoring Pride with Modern Health

To support the LGBTQIA+ community and allies, Modern Health offers you resources, including:

- One-on-one sessions with Modern Health providers
- Unlimited group sessions for support and community
- Digital programs and guided meditations on inclusion and belonging, self-compassion, and resilience
- Unlimited messaging with your provider

Sign up for or log in to Modern Health today!

LGBTQ+ RESOURCES



## The 2025 Financial Wellness Education Series is Back and Better Than Ever!

### Presented by ZOLL and Fidelity

The new 2025 series will be offered on site at most ZOLL office locations, and will feature presentations on:

- **Managing my Money: Budget, Emergency Savings, and Debt Basics**
- **Make the Most of Your Retirement Savings**

Fidelity will offer one-on-one consultations in some locations. Watch for more information from your HR Benefit Advocate.

LEARN MORE

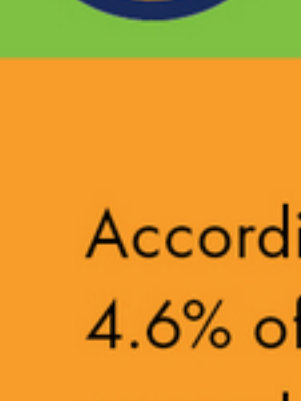
### HEALTHY HEARTS! HEALTHY YOU!



### GET ACTIVE THIS SUMMER AND EARN REWARDS!

Make your healthy lifestyle even more rewarding this summer by getting active and **earning points toward your Healthy Hearts! Healthy You! \$500 Reward**. You and your spouse can each earn \$500 when you complete the requirements by **September 30, 2025**.

LEARN MORE



### DID YOU KNOW?

According to Nerd Wallet, the average employer 401(k) contribution is approximately 4.6% of an employee's salary. ZOLL contributes up to 5.5%. Don't throw away free money!

LEARN MORE

START EXPLORING

ZOLLbenefits.com