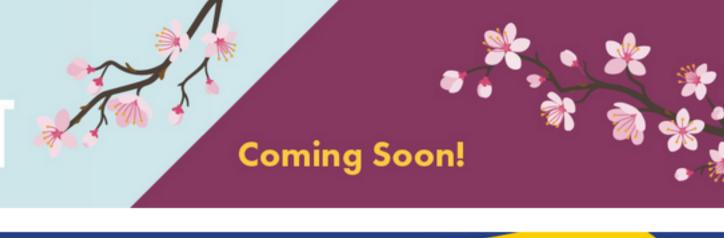


YOUR MONTHLY BENEFITS UPDATE



Watch for the next edition of

## ALYSON'S SPOTLIGHT









### Join us on July 23rd for an exclusive live virtual conversation

Featuring Lynn Hersey and Dr. Mary Odafe

on mental health with Lynn Hersey, VP of Human Resources, and Dr. Mary Odafe, a clinician at Modern Health. In this cooler take on the traditional fireside chat, Lynn will share why mental health is

essential to both personal well-being and effective leadership. She'll reflect on how prioritizing self-care has shaped her approach to work, what it means to lead through change, and how Modern Health is helping ZOLL employees do the same. **REGISTER NOW!** 

# Stay Hydrated. Stay Safe.

As you enjoy the sunny days ahead, remember

that caring for your whole self is key to lasting

**Wellness Reminder:** 

wellness. Small steps in each of these areas add up to a healthier, happier you. Healthy Hearts! Healthy You! simplifies getting and staying healthy, plus you AND your spouse can each earn \$500 for participating. You do not need to be enrolled in a ZOLL medical plan to participate and earn rewards. **STAY HYDRATED.** Join the Healthy Hearts! Healthy You! Rethink Your Drink Wellness Challenge starting

July 23, 2025. Don't miss your chance! This is the last challenge to earn reward points before the September 30, 2025 deadline.

**LEARN MORE** 

**STAY SAFE.** Protect yourself from harmful UV rays with

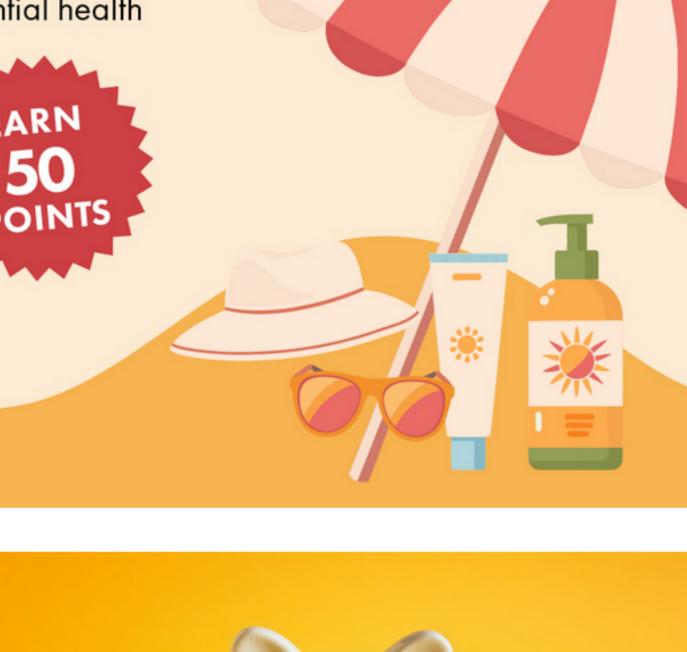
your risk of skin damage and cancer. Don't forget your annual preventive screenings — catching potential health risks early can make all the difference. EARN **HEALTHY HEARTS! 50 HEALTHY YOU!** POINTS

sunscreen, sunglasses, and protective clothing to lower



**Attend Free Webinars** 





### life — physical, emotional, financial, and

**Upcoming Events** 

Your ZOLL Benefits offer webinars to

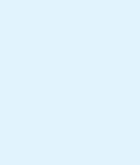
support well-being in every area of your

### work/life balance.









#### We can support others in making positive changes by listening carefully and helping them identify their own

**Motivating Change in Others** 

priorities. This session introduces

motivational interviewing skills — like

**New York Life** 

asking open questions, affirming, reflecting, and summarizing — to guide someone from uncertainty to action. **REGISTER TODAY!** 

Robyn Zagoren-Martichuski,

Lunch & Learn: Hydrate Healthfully

Join your Wellness Program Coordinators

to learn about why staying hydrated

**WebMD Wellness Coordinator Healthy Hearts! Healthy You!** 

July 15 | 12:00 pm ET

#### is essential for overall health and how water supports vital functions such as regulating body temperature, aiding

**REGISTER TODAY!** 

digestion, and transporting nutrients. Attend and earn 50 points toward your Reward! **EARN** 

POINTS

July 15 | 2:00 pm ET **CAPTRUST** 

If you're within 10 years of retirement,

join this webinar to learn how to

diversify your income and why it

practical strategies for building

matters. We'll also cover Social Security, Medicare basics, and

**Retirement Readiness** 

### **REGISTER TODAY!**

steady retirement income.

### July 16 | 1:00 pm ET

**CAPTRUST** The Annuity Product For You Watch for more information from CAPTRUST.

### August 6 | 2:00 pm ET **Fidelity**

#### Get Started and Save for the **Future You** This session is for anyone not enrolled

in ZOLL's 401(k) Savings Plan or not maximizing their contributions or company match. Learn how to enroll, how much to save, and how to get the

most from your retirement benefits. **REGISTER TODAY!** 



#### can be overwhelming. Learn the ins and outs of health care planning in retirement

so you can be prepared when the time comes. JULY 23 | 11:00 AM ET JULY 23 | 4:00 PM ET

**HEALTHY HEARTS!** 

**HEALTHY YOU!** 



### PRACTICE HEALTHY **HYDRATION!** Some drinks that appear healthy are packed with hidden sugars. Staying fully hydrated will help you feel your best! Participate in Healthy Hearts! Healthy You! Rethink Your Drink challenge and learn why healthy hydration matters. You and your spouse can register to participate by July 30. Upon completion,

**REGISTER NOW** 

you each earn 50 points toward

your \$500 Reward.

#### Support Your Mental and Physical Well-Being with Modern Health Your mental health matters just as much as your physical health: take

**Modern Health** 

**EARN** 

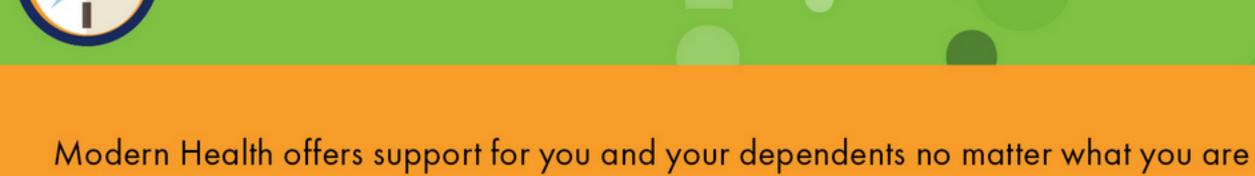
**50** 

**POINTS** 

time to check in with yourself, reach out for support through Modern Health, and practice habits that help you feel your best. Discover how simple, mindful movement can boost both your mental and physical

well-being. Modern Health's Mindful Movement Meditations Calendar offers weekly guidance to help you build and maintain — a healthier routine, one step at a time. **LEARN MORE** 





DID YOU KNOW?

facing in life. From confidential therapy sessions to building skills and resilience for everyday life, the Modern Health platform has everything you need, all in one place.

LEARN MORE

START EXPLORING ZOLLbenefits.com