

# THE BEAT

## YOUR MONTHLY BENEFITS UPDATE



Watch for the next edition of  
**ALYSON'S SPOTLIGHT**

Coming Soon!



## COOL DOWN Connect

### Featuring Lynn Hersey and Dr. Mary Odafe

Join us on July 23rd for an exclusive live virtual conversation 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!](#)

## Wellness Reminder: Stay Hydrated. Stay Safe.

As you enjoy the sunny days ahead, remember that caring for your whole self is key to lasting 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 sunscreen, sunglasses, and protective clothing to lower your risk of skin damage and cancer. Don't forget your annual preventive screenings — catching potential health risks early can make all the difference.



[LEARN MORE](#)

EARN  
50  
POINTS

EARN  
50  
POINTS

### 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.



**July 9 | 1:00 pm ET**

#### New York Life

##### Motivating Change in Others

We can support others in making positive changes by listening carefully and helping them identify their own priorities. This session introduces motivational interviewing skills — like asking open questions, affirming, reflecting, and summarizing — to guide someone from uncertainty to action.

[REGISTER TODAY!](#)

**July 15 | 12:00 pm ET**

#### Robyn Zagoren-Martichuski, WebMD Wellness Coordinator

##### Healthy Hearts! Healthy You!

##### Lunch & Learn: Hydrate Healthfully

Join your Wellness Program Coordinators to learn about why staying hydrated is essential for overall health and how water supports vital functions such as regulating body temperature, aiding digestion, and transporting nutrients.

**Attend and earn 50 points toward your Reward!**

[REGISTER TODAY!](#)

EARN  
50  
POINTS

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

#### CAPTRUST

##### Retirement Readiness

If you're within 10 years of retirement, join this webinar to learn how to diversify your income and why it matters. We'll also cover Social Security, Medicare basics, and practical strategies for building steady retirement income.

[REGISTER TODAY!](#)

**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!](#)

## Need Medicare Guidance?

### Presented by Doctor's Choice

If you or a loved one is close to retirement, this free one-hour workshop by Doctor's Choice is for you! Medicare 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, you each earn 50 points toward your \$500 Reward.

[REGISTER NOW](#)

EARN  
50  
POINTS



Modern Health

## Support Your Mental and Physical Well-Being with Modern Health

Your mental health matters just as much as your physical health: take 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?

Modern Health offers support for you and your dependents no matter what you are 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](#)