



# THE BEAT

## YOUR MONTHLY BENEFITS UPDATE



# COOL DOWN Connect

Featuring Lynn Hersey and Dr. Mary Odafe

If you missed the Modern Health Cool Down Connect with Lynn Hersey and Dr. Mary Odafe, watch it here!

WATCH NOW!

## Celebrate

## National Wellness Month

### August Is Your Opportunity for Self-Care

August marks National Wellness Month, a dedicated time to focus on self-care, reduce stress, and build healthy habits that support your overall well-being — physically, mentally, and emotionally — no matter where you are in your personal journey.

Your ZOLL benefits offer a variety of resources and programs tailored to fit your needs and budget, from fitness reimbursements and free health coaching to mental health support and practical savings plans. Explore the tips and events below for simple strategies on self-care, then head over to [ZOLLbenefits.com](https://ZOLLbenefits.com) for even more tools and resources to help you and your family thrive all year long.

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.



August 13 | 1:00 pm ET

#### New York Life

##### Basics of Estate Planning

Estate planning is important to everyone, no matter your age — especially for those with minor children, substantial assets, or unusual circumstances. It allows you to make decisions on who receives your estate and make arrangements for disability, medical care, and guardianship for minor children. Properly done, estate planning can remove many burdens from surviving family members during a stressful time.

REGISTER TODAY!

August 27 | 9:00 am,  
2:00 pm ET

#### Doctor's Choice

##### Mastering 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 you navigate Medicare.

9:00 am (ET)

2:00 pm (ET)

August 28 | 1:00 pm ET

#### Modern Health

##### New and Aspiring Managers: Reflect, Grow, and Lead with Empathy

Are you a new or aspiring manager feeling unsure about how to lead effectively? Join this Listen and Learn session to discover practical tools for building your leadership skills and boosting team morale. This session will help you reflect on your leadership style, practice empathy, and learn strategies to navigate common challenges like managing team dynamics, balancing workloads, and building trust. Walk away with actionable steps to become a more confident, empathetic leader, whether you're stepping into a leadership role or preparing for one in the future.

REGISTER TODAY!

September 9 | 2:00 pm ET

#### Fidelity

##### Take the First Step to Investing

This beginners' workshop will help you understand key investment concepts, common investment types, how to select a mix of different investments, the benefits of investing in your workplace savings plan, and how to choose your investment approach.

REGISTER TODAY!



### Simple Ways to Prioritize Your Health on a Budget

Prioritizing your well-being doesn't mean you have to spend a lot — smart choices and available resources through your ZOLL benefits can make a real difference. Small, intentional steps add up to big results over time!

**Be a savvy shopper.** Choose frozen fruit instead of fresh — it's packed at peak ripeness, keeps all the nutrients, and often costs less.

LEARN MORE ABOUT BUDGETING



### HEALTHY HEARTS! HEALTHY YOU!

Join ZOLL's free wellness program, **Healthy Hearts! Healthy You!**, available to help you reach your goals and earn a **\$500 Reward**. Your spouse can participate and earn too. You can access:

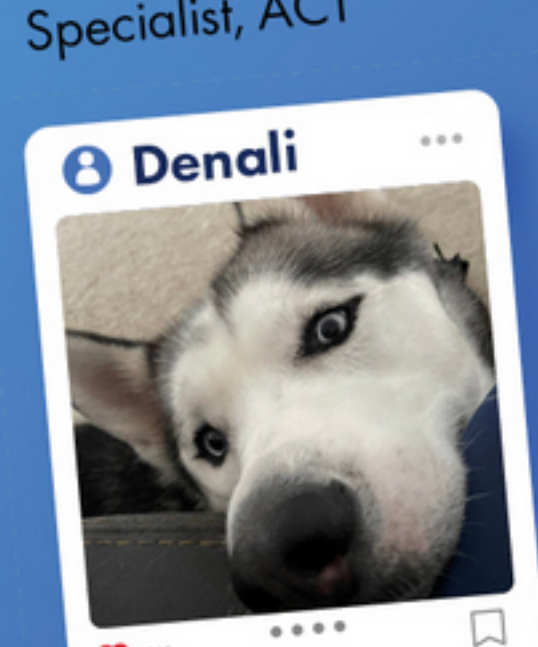
- A personalized wellness plan with unlimited access to a health coach
- On-demand video library of exercise options for motivation anytime
- Sleep support if you qualify for a free home sleep apnea assessment (HSAT) after completing the Health Assessment Questionnaire

LEARN MORE

**Are you and your dependents covered on a ZOLL medical plan? If so, take advantage of a fitness reimbursement** to help offset the cost of gym memberships or fitness classes, making it easier to stay active for less.

LEARN MORE

My Human:  
**Mandy Constantineau**  
Corporate Collections  
Specialist, ACT



My Human:  
**Marisa Kulis**  
Social Media  
Coordinator, ACT



### Pets Provide a Simple Boost for Work-Life Balance and Well-Being

August is National Dog Month. Pets aren't just great for companionship — they help you stay balanced and feeling well at work and home. A few minutes with your pet can help you:

- Feel more relaxed and lift your mood
- Prompt healthy breaks and routines
- Add movement to your day
- Ease loneliness with constant support

ZOLL knows that your pets are a part of your family. We help you protect what matters most.

LEARN MORE



## MODERN HEALTH

### Pause with Purpose

Taking time to pause and practice self-care is essential for your overall well-being. Incorporating mindfulness and meditation into your daily routine can help you manage stress, build resilience, and maintain good mental health. The Modern Health wellness platform's "Daily Pause" feature makes it easy to slow down and reflect with daily tips, brief articles, and quick activities on mindfulness, healthy habits, gratitude, and self-compassion. You'll also find on-demand resources like meditations, soundscapes, and coaching — all designed to guide you toward a calmer, more balanced day.



LEARN MORE



## DID YOU KNOW?

ZOLL offers free budgeting tools through CAPTRUST and Fidelity. Take the next step to build your savings and focus on your budget today — your wallet will thank you later.

LEARN MORE

START EXPLORING

# ZOLLbenefits.com