October 2025

THE BEAT

YOUR MONTHLY BENEFITS UPDATE

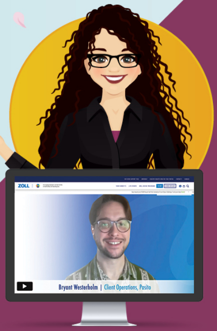
WORK/LIFE
FINANCIAL
PHYSICAL
EMOTIONAL

ALYSON'S SPOTLIGHT

Make Smart Benefit Decisions with Pasito.

Alyson is joined by Bryant from **Pasito** to highlight our free decision support tool for Health Literacy Month. Pasito is easy to use and provides an initial plan recommendation based on your age and location. If you answer a few questions about your health needs for the upcoming year, your recommendation is even more personalized. With Pasito, you can confidently select the benefit plan that will work best for your health and your budget.

WATCH TODAY


ZOLL
Bryant Westerholm | Client Operations, Pasito

GET READY FOR OPEN ENROLLMENT 2026!

November 5 – 14, 2025

Watch for more information about your 2026 benefits, coming to your home soon. Visit **ZOLLbenefits.com** to:

- Review your 2026 benefit options and costs of coverage.
- Register to attend a virtual Open Enrollment meeting and get your questions answered.

LEARN MORE

ADMIT ONE TICKET

ATTEND A VIRTUAL OPEN ENROLLMENT MEETING

October 23 @ 11:00 a.m. ET
October 27 @ 2:00 p.m. ET
October 30 @ 11:00 a.m. ET
November 4 @ 2:00 p.m. ET
November 11 @ 4:00 p.m. ET

October is Health Literacy Month – the perfect time to review your benefits!

ZOLL
NAVIGATE LIFE WITH A NEWBORN
WATCH NOW
Check out Upcoming Events for important dates and reminders.
Earn up to $1,000 with Healthy Hearts! Healthy You!
We're Here for You!
What is the Opt-out Incentive?
Where are Fitness Reimbursement forms?
Who can I cover on my benefits?
I need to contact a provider.
What's the best plan for me?

Health Literacy means understanding your health and benefits. The more you know about your options, the more confident and cost-effective your choices can be — for both your health and your wallet. As your needs change, it's important to make sure your current plans are still the right fit for you and your family. Be sure to visit **ZOLLbenefits.com** for tools and resources to help you strengthen your health literacy as we get ready for Open Enrollment 2026.

VISIT ZOLLBENEFITS.COM

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PASITO DECISION SUPPORT TOOL

Visit Pasito, your personalized decision support tool.

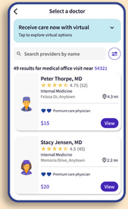
Not sure which plan is right for you? Pasito makes it easy! Build your health literacy with personalized recommendations that help you understand your options and choose the plan that best fits your needs. Review your initial recommendation based on your age, zip code, and income bracket. You can refine your information for more tailored recommendations, and project expenses under different plan scenarios.

GET STARTED WITH PASITO

Experience simplified health care with Surest and save money.

Surest puts price transparency front and center, showing you exactly what you'll pay before you book care. You can easily search for doctors and compare costs in the large UnitedHealthcare network, all with no deductible or coinsurance to worry about. It's simple, smart, and built to save you money.

EXPLORE SUREST



49 results for medical office visit near 54321

Peter Thorpe, MD
★★★★☆ 4.75 (52)
Internal Medicine
Felosa Dr, Anytown
4.3 mi
Premium care physician
$15

Stacy Jensen, MD
★★★★☆ 4.5 (45)
Internal Medicine
Memoria Drive, Anytown
2.2 mi
Premium care physician
$20

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.

October 14 | 2:00 pm ET

CAPTRUST

Personal Finance: Managing Your Money

This presentation will include information on budgeting and debt management, using credit wisely, creating protection for unforeseen events, building your emergency savings, and saving appropriately for college expenses or retirement.

REGISTER TODAY!

October 21 | 2:00 pm ET
October 28 | 2:00 pm ET

Fidelity

Exploring the Benefits of an HSA

This workshop will explain how HSA-eligible health plans and HSAs work together, and will help you determine whether an HSA is right for you.

10/21 | 2:00 pm (ET)

10/28 | 2:00 pm (ET)

Cynthia Erivo
Brooke Shields

WOMEN TALK MONEY

Women Talk Money Fall 2025 Event Series

Join Fidelity, along with special guests Cynthia Erivo and Brooke Shields, in a three-part series dedicated to shaping a future where you thrive pursuing the life you want.

All events start at 2:00 pm ET.

October 15: The Power of Betting on Yourself, with Cynthia Erivo

October 29: 5 Key Steps to Master Your Money, with Fidelity Pros

November 12: Your Future, Your Money – Your Way, with Brooke Shields

Register for just one, or all three events.

REGISTER TODAY!

HEALTHY HEARTS! HEALTHY YOU!

October 21 | 12:00 pm ET

Maven

Menopause 101: Managing Symptoms and Cutting Through the Noise

When you're experiencing perimenopause or menopause, it can be difficult to know what to expect. In this live event, a Maven expert will walk you through the ins and outs of managing menopause, so you can feel prepared and empowered in your midlife journey.

REGISTER TODAY!

November 14 | 1:00 pm ET

Modern Health

Supporting Men's Mental Health

Come learn about men's mental health, common issues faced by male-identifying individuals, and how we can support their overall health and well-being. This Circle is open to all.

REGISTER TODAY!

GET YOUR BODY MOVING!

Participate in Healthy Hearts! Healthy You! Make Your Move Challenge! Registration is open through October 22, and the challenge begins October 15.

Note: While this challenge won't earn you points toward your reward, it's a great way to stay engaged — and the winning team will receive a $50 gift card of their choice!

REGISTER TODAY!

MODERN HEALTH

Mental Wellness and Resiliency Support All Year Long

With Open Enrollment around the corner, you never have to worry about mental health support. Anytime is the perfect time to access Modern Health's personalized one-on-one support, group sessions, and self-guided resources designed to help you thrive, whether at home, at work, or in your relationships. **You do not need to enroll for this benefit, nor do you need to be enrolled in a ZOLL medical plan to participate.**

LEARN MORE

DID YOU KNOW?

Open Enrollment is your once-a-year opportunity to enroll in or make changes to your benefits, like adding a dependent, for the upcoming plan year. Benefits are effective January 1 – December 31 of the following plan year. If you don't review and confirm your elections in Workday during Open Enrollment, you can only make changes to your benefits if you have a qualifying life event. If you have a qualifying life event during the year, you have 31 days from the date of the event to make changes to your benefits.

LEARN MORE

START EXPLORING

ZOLLbenefits.com