

# THE BEAT: YOUR MONTHLY BENEFITS UPDATE

## TAKE CHARGE

of Your Well-Being

February is National Self-Check Month, a great reminder to slow down and make time for yourself. Preventive care and regular screenings are small steps that can make a big difference in your long-term health.

Click on the [highlighted links below](#) to access tools and resources to support your journey toward a healthier, happier you.



## ALYSON'S SPOTLIGHT

### What's Your Money Personality?

Join Alyson and Haleigh Urbowicz, Benefits Coordinator, as they unveil the Financial Wellness Challenge, a fun, quiz-based journey to boost your financial confidence. **Registration** opens February 11th, and the **Challenge** begins February 25th. Earn points toward your Healthy Hearts! Healthy You! Reward and start the year strong!



WATCH TODAY

## PHYSICAL

- Earn points toward your Healthy Hearts! Healthy You! \$500 reward by completing **preventive care activities and screenings**.
  - » Stay on track with your well-being by connecting with a **free health coach** ready to support and motivate you every step of the way.
- It pays to get healthy! Submit your **fitness or weight loss reimbursement forms** by March 31st to receive your 2025 reimbursement.
- Good dental care supports overall well-being, and February is National Children's Dental Health month. With ZOLL's **dental plan**, you and your dependents get two free preventive care exams each year to keep your smiles bright.

## FINANCIAL

- No matter where you are in life, you can set and achieve financial goals.
- Participate in the **Financial Wellness Challenge** to build confidence, improve your money habits, and learn practical tips for managing your finances smarter. **Registration** opens on February 11th and the **Challenge** begins on February 25th.
  - Fidelity offers a variety of ways to help you grow your wealth and plan for the future:
    - » Explore how to build wealth with **virtual financial wellness workshops**.
  - Meet with a **CAPTRUST financial advisor** to develop a plan that looks at your personal financial picture, both now and in the future.

## EMOTIONAL

- Learn healthy ways to manage stress and boost your self-esteem so that you can show up for yourself and others.
- **Modern Health Live Circles** offer a safe space to learn, share, and connect with others. You can also attend On-demand Circles at your convenience.

## WORK/LIFE BALANCE

- Balancing work, family, and everything in between can feel like a juggling act.
- Being a working parent can feel overwhelming sometimes. Join Maven on March 3rd for a session on **practical ways to balance work and parenting**, set boundaries, and protect your energy.
  - February 20th is National Love Your Pet Day! Show your furry family members some love by protecting their health with **pet insurance** that helps with unexpected vet bills.

### Upcoming Events

#### New York Life – Resiliency: Bouncing Back After a Setback

This workshop will examine the characteristics of resilience and ways to introduce greater resilience into your life.

REGISTER: FEBRUARY 11 | 1:00 PM ET

#### Modern Health – Promoting Belonging in the Workplace

Join this session to explore how you can champion belonging in the workplace by fostering cross-cultural communication, inclusive conversations, and stronger support for teammates from diverse backgrounds.

REGISTER: FEBRUARY 12 | 12:00 PM ET

#### CAPTRUST – Secure 2.0 & Roth: What it Means for ZOLL Employees

This informative webinar will help you understand how SECURE 2.0 and recent updates to Roth 401(k) options may affect you.

REGISTER: FEBRUARY 17 | 2:00 PM ET

#### Fidelity – Managing My Money

Take charge of your financial future! This workshop will empower you to build a budget, save for life's surprises, and manage debt with confidence.

REGISTER: FEBRUARY 25 | 12:00 PM ET

#### Maven – Balancing work and motherhood: Navigating returning to work and being a working parent

Join this live event with Maven to learn how to balance work and parenthood, prepare for parental leave, and navigate your return with confidence.

REGISTER: MARCH 3 | 12:00 PM ET

START EXPLORING