ZOLL

March 2026

THE BEAT: YOUR MONTHLY BENEFITS UPDATE

EMPOWERING YOUR
Health, Happiness, and Finances

This month, we celebrate the strength, spirit, and legacy of women everywhere. In honor of Women's History Month, we're shining a light on the many ways you can take charge of your physical, emotional, and financial well-being.

Click the highlighted links below to discover tools and inspiration to help you be your best, all year long.

PHYSICAL

Explore resources designed to help you focus on your well-being, grow stronger, and continue the legacy of empowered women, today and for generations to come.

- Visit the **Women's Health Care Hub** to prioritize your health with preventive care and screenings.
- No matter what stage of life you're in, you and your partner can access free around-the-clock support with **Maven**. Get guidance on fertility, pregnancy, parenting, menopause, and more.

FINANCIAL

Knowledge is power — especially when it comes to your finances. In recognition of National Credit Education Month, take time to strengthen your financial literacy and build confidence in your money decisions.

- **Take the quiz** to learn your money personality and find activities designed to help you meet your financial goals.
- Strengthen your financial literacy with **Fidelity's Women Talk Money Series**.
- Secure your retirement future with **CAPTRUST's tips** to maximize your income sources.

Don't Miss Out

March 15th is the last day to incur eligible FSA expenses. Reimbursement claims must be postmarked by March 31st.

EMOTIONAL

In honor of International Women's Day, **Modern Health** is offering special resources all month long to encourage all of us to promote inclusion for women in the workplace and society.

- Seek support with live and on-demand **Circles**:
  - » **Supporting Women's Mental Health**
  - » **Women of Color: A Community Space**
  - » **Menopause at Work: Navigating Health and Wellness in the Workplace**

WORK/LIFE BALANCE

Create balance that supports your every day well-being by taking time to pause, recharge, and focus on what's important.

- Take time to reset so you can be your best. Check out Modern Health's Circle, **"Taking an Intentional Break to Boost Your Wellbeing"** for simple ways to pause, recharge, and refocus.
- Make time for what matters. ZOLL offers **time away from work** to take care of yourself and connect with those who matter most.

DID YOU KNOW?

Did you know that ZOLL is bringing onsite Biometric and Blood Screenings right to you? Find one in your area and earn points toward your Healthy Hearts! Healthy You! $500 Reward!

LEARN MORE

Upcoming Events

Fidelity – Women Talk Money:
Creating Space for Success — Boundaries & Balance
Trailblazing writer, producer, and actor Mindy Kaling discusses how to prioritize what matters most and set essential boundaries to grow your wealth and well-being.

REGISTER: MARCH 11 | 2:00 PM ET

Modern Health – Supporting Women's Mental Health
This Circle will provide participants with a greater understanding of the mental health needs of women, explore techniques and strategies that can support them, and share actionable strategies to improve mental health.

REGISTER: MARCH 17 | 1:00 PM ET

Fidelity – Women Talk Money:
Financial Power-up — Make Your Next Money Move Count
Learn how to build sustainable financial habits and gain clarity around what comes next so you can make your next money move count.

REGISTER: MARCH 18 | 2:00 PM ET

CAPTRUST – Retirement Readiness:
The Key Decisions That Shape Your Journey
Build the confidence to make decisions that strengthen your retirement readiness. Whether you're early in your career or nearing retirement, you'll learn how to assess and maximize income sources to create a secure, lasting plan.

REGISTER: MARCH 24 | 2:00 PM ET

Fidelity – Women Talk Money:
Share The Wealth — How To Grow Your Career & Community
Shonda Rhimes, visionary writer, producer, and CEO of Shondaland, joins the Women Talk Money team for a discussion around building your career and financial future — while lifting others up along the way.

REGISTER: MARCH 25 | 2:00 PM ET

Modern Health – Menopause at Work:
Navigating Health and Wellness in the Workplace
Join this Listen & Learn to understand menopause basics, common myths, ways to manage symptoms, and actions you can take to support those going through this transition.

REGISTER: MARCH 26 | 3:00 PM ET

START EXPLORING

ZOLLbenefits.com