

# THE BEAT: YOUR MONTHLY BENEFITS UPDATE



## A Conversation on Resilience with Alexa Miller Hall and Dr. Mary Odafe

Join us on May 12th for our second Cool Down Connect in partnership with Modern Health, featuring Alexa Miller Hall, Vice President and General Manager of ACT's Hospital business, and Dr. Mary Odafe from Modern Health.

In this cooler take on the traditional fireside chat, Alexa will share her journey at ZOLL, reflecting on her ability to adapt, grow, and lead through change. Dr. Odafe will bring a clinical perspective and share practical ways we can build resilience in our own lives.

[REGISTER TODAY](#)

## ALYSON'S SPOTLIGHT

### Mental Health: A Conversation on Kindness and Support

In honor of Mental Health Awareness Month, Alyson is joined by Jennifer McCormick, Service Contracts Inside Sales Representative at ACT, for an honest conversation about the importance of kindness, connection, and taking care of our emotional well-being.



[WATCH TODAY](#)

## STRENGTHEN YOUR RESILIENCE

Resilience is the process and outcome of successfully adapting to difficult life experiences. This month we'll explore practical ways that you can build greater resilience to support your whole well-being.



### EMOTIONAL

With **Modern Health**, you can support your mental health all year long. Through Modern Health, you and your family will have access to 8 free therapy sessions, 8 free coaching sessions, and unlimited digital resources.

- Modern Health information sessions will take place on May 20th and May 21st. These sessions will explore how you and your family can access personalized support and resources to strengthen your emotional wellness.
  - » [May 20, 2026, 11:00 AM ET](#)
  - » [May 21, 2026, 1:00 PM ET](#)
- Utilize **Modern Health's Digital Workbook** to build resilience, one skill at a time. Each section focuses on different skills to build resilience over time.

### PHYSICAL

Physical and mental health go hand in hand. ZOLL's well-being program, Healthy Hearts! Healthy You!, and benefit programs are designed for you to take a holistic approach to your wellness.

- Walking is a powerful tool for improving physical and emotional health. Join the Healthy Hearts! Health You! Invitational Team Steps Challenge and earn 50 reward points by logging at least five days of steps in each round. [Register now](#) – the challenge starts May 20th!
- Restful sleep is deeply tied to mental health. If you're concerned about sleep apnea, find out whether you qualify for a free [Home Sleep Apnea Test](#) through Healthy Hearts! Healthy You!
- Explore Modern Health's [Sleep Journeys](#) for guided audio experiences designed to help you quiet your mind and ease into rest.

### FINANCIAL

Taking time to review your finances mid-year enables you to feel more confident about your current goals and next steps.

- [Schedule your free 1:1](#) advising session with a CAPTRUST Financial Advisor to make sure your goals are on track and overcome money related stress.

### WORK/LIFE BALANCE

A healthy work/life balance can support your mental well-being, allowing you to feel calmer and more present throughout your day.

- Modern Health provides [tools and support](#) for harmonizing work and life. Explore meditations, podcasts, programs, and more.

## Upcoming Events

### ZOLL EXCLUSIVES

#### Modern Health – Support Your Emotional Well-being with Modern Health

Discover how Modern Health, ZOLL's mental wellness benefit, can support you and your family with personalized care and resources tailored to meet you where you are.

[REGISTER: MAY 20 | 11:00 AM ET](#)

[REGISTER: MAY 21 | 1:00 PM ET](#)

#### CAPTRUST – Target Date Funds

This presentation takes an in-depth look at target-date funds and will explain potential benefits, considerations, and why they are unique as an investment category.

[REGISTER: MAY 28 | 2:00 PM ET](#)

#### Maven – Habits to improve sleep for you and your family

In this webinar, a Maven provider will share essential insights for better sleep for the whole family, including how sleep affects your health, sleep tips for pregnancy and newborns, helping kids build healthy sleep habits, and finding better sleep in midlife.

[REGISTER: MAY 12 | 12:00 PM ET](#)

#### New York Life – Languishing, Flourishing, and Your Mental Health

Mental health matters for everyone. Explore what it means to flourish, understand your own wellness status, and walk away with a clear 30-day plan to boost your mental health.

[REGISTER: MAY 13 | 1:00 PM ET](#)

#### CAPTRUST – Investing in your Child's Future

This seminar will explore different ways to invest in your child's future. Learn how to choose the right investment vehicles based on your goals and timeline, and how to balance investing for your child with other financial priorities.

[REGISTER: MAY 20 | 1:00 PM ET](#)

[START EXPLORING](#)

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