

Set yourself up for a healthy 2021

Take advantage of free GDBIW well-being resources!



The key word is ... prevention

January is the perfect time to get set up for a healthy year. Preventive care helps you identify and catch potential health issues before they're serious — saving you stress, time and money.

GDBIW health plans cover most in-network preventive care for you and your family at 100%, so you pay nothing. That means annual physicals, well child visits and many preventive prescriptions are free. Preventive care is a new year's resolution worth keeping!

Three easy ways to kick off a healthy year

1 Schedule your annual physical

An annual screening keeps you in the know. You get a snapshot of your health and key metrics such as your cholesterol levels and blood pressure, and reminders to get needed immunizations and screenings. Contact your primary care provider to schedule your appointment.

2 Connect with a Fit for Life health coach

Partner with a health coach to create a personalized well-being roadmap for the year. Identify key goals and actions for a healthy year. Call Fit for Life at 207-442-3145 to get connected to a health coach.

3 Get moving

Physical activity reduces risk of diabetes, heart disease, depression and other chronic conditions. Make a plan to fit regular exercise into your schedule. Need inspiration? Check out Yo-Fi's fitness, nutrition and meditation videos—free through our Healthy Rewards program, powered by Castlight.*

Don't forget your emotional health!

When you feel mentally healthy, your whole body follows, so extend preventive care to your mind.

Do activities that reduce your stress and help you cope with day to day pressures.

If you need support, Life365 is free and always available at 877-622-4327.

Life365

If you only do one thing in January...schedule your annual physical. Use the provider lookup tool on myCigna.com to find an in-network provider near you.