

Love your heart

Take advantage of free GDBIW well-being resources!



February is American Heart Month

Did you know, American Heart Month is a 57-year-old tradition? It was founded by President Lyndon B. Johnson in 1964 to remind us about the importance of heart health.

Diet, exercise and lifestyle choices, such as tobacco use, impact your heart health. Most Americans don't believe they're at risk, but heart disease is the leading cause of death in the U.S. Your heart is the engine of your body — it's vital to keep it running smoothly.

Three easy ways to love your heart

- 1 Start with the basics**
 Blood pressure measures the pressure of blood circulating against the walls of blood vessels. High blood pressure can lead to heart disease or stroke. If you have high blood pressure, **Hello Heart*** can provide personalized tips to help you lower it.
- 2 Take a pulse check**
 Heart disease is driven by body mass index (BMI), blood pressure, cholesterol, and tobacco use, among other factors. If you're at risk for heart disease, **Omada*** may be able to help you reduce your risk through coaching for weight loss and lifestyle changes. Check in with a Fit for Life coach if you are ready to quit tobacco. They can help develop a quit plan that works for you, including free Nicotine Replacement Therapy. Call 207-442-3145 for more information.
- 3 Get your blood pumping**
 Physical activity will lower your blood pressure and reduce the risk of heart disease. Don't forget to track your activity on Castlight* to earn Healthy Rewards points. New in 2021, you can track any activity that gets your heart rate up, such as swimming or biking.

Listen to your heart

Stress increases blood pressure. If you're feeling overwhelmed, sit quietly and take deep breaths for 5-10 minutes.

Relax your body and mind. This small step can help lower your blood pressure.

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

Life365

If you do one thing in February, check your blood pressure. Schedule a physical or use a home blood pressure cuff to find out if your blood pressure is in a healthy range.

* Employees and spouses enrolled in a General Dynamics medical plan are eligible to apply for Hello Heart and Omada. All employees can track activities. Find these resources and more on Castlight at mycastlight.com/general-dynamics or, download the app.