

HEALTH BEAT | SEPTEMBER 2021

Getting in the growth mindset?

GDBIW provides resources that help you plan for, grow and care for your family.



Family matters

Whether you are trying to start a family or already raising children, GDBIW has resources to support you. You and your spouse can access Life365, and if you are enrolled in a GDBIW medical plan, you can access Ovia, too!

Three ways to put your family first:

- 1 Build a support network.**
No matter what stage of parenting you're in, Ovia can support you with one of three apps: **Ovia Fertility**, **Ovia Pregnancy** and **Ovia Parenting***. All three apps offer one-on-one coaching with Registered Nurses (RNs) through secure messaging or over the phone.
- 2 Rely on trusted sources.**
From your OBGYN, to Ovia's RNs, and your own body's signals, reliable sources of information are important. Be mindful of your emotional well-being, too. It's natural to experience emotional highs and lows during and after pregnancy — connecting with a **Life365** counselor can help.
- 3 Know your benefits.**
GDBIW provides several benefits for new parents and families, including:
 - **Health plan resources:** Your health plan has benefits to support you and your baby, including breast pumps and lactation consultations.
 - **Short-Term Disability (STD):** Women who just gave birth are eligible to take STD benefits. Benefit amounts can be found in your CBA or Summary Plan Description.
 - **Dependent Care Flexible Spending Account:** Set aside pre-tax money to save for eligible dependent care expenses.

Did you know?

The average gestation period of an African bush elephant is 22 months.



Source: nature.org

Let's talk babies!

Studies have shown that stress can impact reproductive hormones and the time it can take to conceive.

Connect with a **Life365** counselor to help learn ways of identifying and managing your stress! You have access to eight free sessions per issue, per year.

Call **877-622-4327** or go to **myCigna.com**.

Source: verywellfamily.com

If you do one thing in September, download **Ovia***. Whether you are trying to determine peak fertility, tracking your pregnancy, or learning about your child's development, Ovia has an app for every stage of parenting!

* Go to mycastlight.com/general-dynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app to access Ovia. Message and data rates may apply.