GENERAL DYNAMICS
Bath Iron Works

Healthy**Rewards**

It's a joint effort

GDBIW has resources to help you prevent, manage and treat musculoskeletal conditions.

No bones about it

Your musculoskeletal system includes your bones, joints, ligaments, tendons and muscles. Overuse injuries and chronic conditions, like arthritis, can cause pain, but you can take steps to make sure you're getting the right care and improving your condition.

Learn more about the resources GDBIW provides to help you manage musculoskeletal conditions below.

Move your muscles!

Inactivity worsens chronic pain. Regular exercise helps **manage symptoms, improve mobility** and **increase strength**.

Check out **Yo-Fi*** to get started.

Source: healthline.com

Two ways to care for musculoskeletal conditions:

1 **Find the best value.**

If your doctor recommends a procedure, such as an X-ray, knee surgery or an MRI, to diagnose or treat a musculoskeletal condition, use **Healthcare Bluebook*** to find a high-quality provider at a Fair Price™. You could save hundreds or thousands of dollars!

2 **Connect with a health coach.**

Regular exercise can help alleviate chronic pain. From stretching to cardio to strength training, a health coach can work with you to develop a personalized exercise plan that meets your needs. Contact Fit for Life at 207-442-3145 for more information and to set up an appointment with a health coach.

Ease your aches and pains — and your mind.

Living with chronic pain can be stressful. It may be helpful to talk to a **Life365** counselor.

You have access to eight free sessions per issue, per year.

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

Life365

If you do one thing in December, take action to address chronic pain. If you are experiencing chronic pain, don't ignore it. Schedule an appointment with your health coach or primary care physician today.

** Go to **mycastlight.com/generaldynamics** or text **APP** to **35925** to get a link to download the Castlight Mobile app to access Yo-Fi and Healthcare Bluebook. Message and data rates may apply.*