

Feel the Beat

GDBIW has resources to help you take care of your heart.



It's time for a heart to heart

Heart disease is the leading cause of death in the United States, but you can reduce your risk through lifestyle choices such as nutrition and physical activity.

As February is American Heart Month, it is the perfect time to check in with your heart. GDBIW provides resources to help you.

"Hello Heart helps make my heart health part of my **daily routine.**"

-General Dynamics employee

Three ways to listen to your heart:

1 Know your numbers.

High blood pressure can lead to conditions like heart disease. That's why it's important to know if your blood pressure is in a healthy range. If you have high blood pressure, **Hello Heart*** can help you manage your condition with personalized tips and reminders.

2 Turn losses into gains.

Weight is also a factor in heart health. If you are overweight, you can lower your risk of heart disease by lowering your BMI. **Omada*** can help you lose weight through its 16-week program. An Omada health coach will create a personalized plan with weekly lessons, and the online community offers support to stay on track.

3 Stress less.

Chronic worrying and stress can contribute to cardiovascular diseases. **Life365**, your Employee Assistance Program (EAP), can help you manage stress through free, confidential counseling. All GDBIW employees, regardless of whether you are enrolled in a GDBIW medical plan, have access to Life365. You and your household family members have access to eight free sessions per issue, per year. Call **877-622-4327** or go to **myCigna.com** (Employee ID: BIW) or log in if already registered.

Two hearts are better than one

If you or a loved one is pregnant, don't forget to monitor blood pressure. High blood pressure can be a symptom of preeclampsia — a pregnancy complication.

Need help? Use the **Ovia Pregnancy*** app and work with Ovia's registered nurses to assess risk, discuss treatment options, and get support.

If you do **one** thing in February, find out if you're at risk for heart disease. Schedule an annual physical to find out if your blood pressure is in a healthy range.

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