

HEALTH BEAT | MARCH 2022

Form first

No matter what activities you engage in throughout your workday, GDBIW offers resources to help you stay safe on the job.



It's your move

The way you move, including how you sit, stand, walk and lift a heavy object impacts how your body feels and functions. Moving mindfully, taking breaks from sitting or standing and stretching throughout the day can make all the difference in preventing and managing musculoskeletal conditions.

And when you need medical experts to step in to support you, GDBIW provides resources to help.

Three ways to make your moves count:

- 1 Find high-quality care.**
If you have a musculoskeletal condition and your doctor recommends a standard procedure, such as an X-ray or MRI, visit **Healthcare Bluebook*** to find the best care at a Fair Price™. You can save money and know that you are receiving high-quality services. Healthcare Bluebook is only available to employees enrolled in certain health plans.
- 2 Bend, don't break.**
Stretching has been shown to improve posture, decrease back pain and prevent future injuries. Even a few minutes a day can make a difference! **Yo-Fi*** provides access to a library of yoga and stretching videos to help you get started.
- 3 Sleep Well.**
When you are well rested, you're more alert. Staying focused on the job helps to reduce accidents. If you're having trouble sleeping, consider connecting with a Fit for Life coach to learn some techniques to help you sleep. Call Fit for Life at 207-442-3145 to get connected with a coach.

Strong mind, strong body.

If you're living with chronic pain, you can help relieve stress by talking 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 March, incorporate gentle stretching into your daily routine. Not sure where to start? Access Yo-Fi through Castlight for yoga and stretching videos.

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