

HEALTH BEAT | APRIL 2022

Parenting: The best — and hardest — job you'll ever have

Let GDBIW's resources help you juggle parenthood.



You got this. We can help.

Whether your child is 16 months or 16 years old, parenting can feel overwhelming at times. GDBIW offers resources to help you and your children manage the ups and downs.

Three ways to navigate parenthood:

1 Connect with experts.

Whether you're just starting a family, or you already have young children, **Ovia's*** apps — Fertility, Pregnancy and Parenting — can help you along your journey. Each app provides valuable insights and unlimited coaching with registered nurses through secure messaging or over the phone.

2 Get care when you need it.

You never know when your child may need medical care. That's why it's important to create a telehealth account through your medical carrier** or **MDLIVE*** so it's available when you need it.

Your medical plan and **MDLIVE** offer convenient access to primary care physicians for when your child experiences a routine concern such as a cold, rash or nausea. You can also access behavioral telehealth providers through your medical plan, Life365, and **MDLIVE**.

3 Save for the future.

Raising children is expensive. Fidelity's Planning and Guidance Consultants can help you develop a budget, manage your finances, and save for your future. Call **866-973-5023** or visit **gdbenefits.com** to get started.

It takes a village.

"I was feeling overwhelmed after my second child. I called Life365 and connected with a family therapist who helped me prioritize my day."

- General Dynamics employee

Juggling parenthood?

From work to homework, and everything in between, parenting can feel overwhelming at times. Talking to **Life365** can help.

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 April, check out Life365**. Whether your child is a newborn, in grade school or in college, Life365 has resources to support all of you, from counseling to childcare referrals to planning for college costs.

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

**Visit your medical carrier's website or call the number on the back of your ID card for more information.