

HEALTH BEAT | JUNE 2022

# Don't Hide from Your Health

Use GDBIW's resources to seek out answers.



## Take the guesswork out of your health

Feeling good? That's great, but why not let your health care expert help you be certain? By being proactive even when you feel well and taking advantage of free preventive care through your GDBIW medical plan, you can eliminate the guesswork and catch small problems early before they become bigger issues.

Learn more below.

### Three ways to uncover better health:

#### 1 Check-in at your check-up.

If you are enrolled in a GDBIW **medical plan**,\* you can receive in-network preventive care at no cost to you. Each year, you can complete an annual physical and/or other appropriate screenings, such as a well-woman exam, mammogram or colonoscopy (as applicable), to understand your health risks.

You can also receive an annual biometric screening through Fit for Life to get a snapshot of key health metrics, like blood pressure and cholesterol. Watch for when your area is scheduling screenings.

#### 2 Not just head, shoulders, knees and toes.

Health goes beyond physical exams. Remember to take care of your teeth and eyes, too! If you are enrolled in a **dental plan**,\* you have access to dental exams and cleanings at no cost to you. If you are enrolled in a **vision plan**,\* you can receive an annual eye exam at a low cost.

#### 3 Take action.

If you learn that you are at risk for a chronic condition, such as high blood pressure, type 2 diabetes or heart disease, you may be eligible for support through one of GDBIW's Healthy Partners, like **Hello Heart** or **Omada**.\*\* Visit Castlight or contact a Fit for Life health coach to learn more.

Blood pressure **screenings and management** are two of the most effective ways to **prevent heart disease and stroke**.

Source: [healthypeople.gov](https://www.healthypeople.gov)

#### Stress can be prevented, too.

Taking control of your health may feel overwhelming. Talking to a **Life365** counselor can help.

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

Call **877-622-4327** or go to [MyCigna.com](https://www.mycigna.com).

If you do **one thing in June, schedule your annual physical**. Use the provider look-up tool on your medical carrier's website to find an in-network provider near you.

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

\*\* Go to [mycastlight.com/general-dynamics](https://mycastlight.com/general-dynamics) or text **APP** to **35925** to get a link to download the Castlight Mobile app to access **Omada** and **Hello Heart**. Message and data rates may apply.