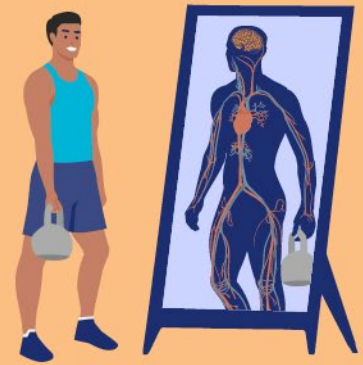


HEALTH BEAT | AUGUST 2022

## Knowledge is power

Get a true picture of your health with GDBIW's tools and resources.



### Power up!

Your health and well-being are important, but it's easy to put them on the back burner. Take time this month to think about your physical and mental well-being. Have you taken advantage of preventive medical, dental and vision care? Are you up to date on your age and gender appropriate screenings?

Learn more about how you can track and improve your health.

### Three ways we support you:

#### 1 Coverage for preventive care

If you are enrolled in a GDBIW **medical plan**,\* in-network **preventive care** is covered at 100% percent, so you pay nothing. That means annual exams and age-appropriate screenings like colonoscopies are free. And don't forget a trip to the **dentist** or **eye doctor**. Routine oral care can address problems before they become major and more expensive to treat.

#### 2 Emotional well-being support

When you feel mentally healthy, your whole body follows, so extend preventive care to your mind. If you need support, 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**.

#### 3 Tools for healthy habits

**Castlight** is your personalized health and well-being app to help you focus on what matters most—you. All employees are eligible and covered spouses have access, too! Download the Castlight Mobile app or visit **mycastlight.com/general-dynamics** to start building healthy habits and track activity, sleep and nutrition.

Studies have shown that for every dollar spent on **preventive dental care**, \$8 to \$50 can be saved in restorative and emergency treatments – and potentially more in additional types of medical treatment.

Source: [dentistry.uic.edu](http://dentistry.uic.edu)

#### Did you know...

**Preventive services** that you need to stay healthy include height and weight/Body Mass Index (**BMI**) screenings, **blood pressure** checks and **cholesterol** screenings.

Starting at age 50, you should also get a **colonoscopy** every 10 years to screen for colorectal cancer.

**If you do one thing in August:** Schedule a preventive care visit if you haven't seen your doctor yet this year.

\*Review your Summary Plan Description or call the number on the back of your ID card for more information.