

HEALTH BEAT | DECEMBER 2022

Potatoes, pastries and pie, oh my!

Sugary temptations spike around the holidays, but GDBIW can help you manage your numbers.



Sugar and spice aren't always nice

It can be hard to resist the temptation to overeat or indulge in sweet treats, especially during the holidays. If you have diabetes, consuming too much sugar can put you at risk for serious health issues. GDBIW's Healthy Partners have programs to support employees who have, or are at risk of developing, diabetes. They also provide resources to help everyone maintain a healthy weight and exercise routine all year long.

Three ways we support you:

1 Pathways to prevention

Did you know that type 2 diabetes is usually preventable? Eating a balanced diet, being active, and maintaining a healthy weight can prevent or delay the onset of type 2 diabetes. **Omada*** has resources that can help you reduce your risk of developing diabetes and other chronic health conditions.

2 Extra support to keep you on track

Living with diabetes can be difficult, but you don't have to go it alone. **Life365** has resources to help you practice mindfulness and manage stress. Life365 is available 24/7 and can be reached at 877-622-4327 or visit myCigna.com. Life365 is available to all GDBIW employees and their household members regardless of their participation in a medical plan.

3 On-site Health Coaching

If you need help maintaining healthy habits like eating well or exercising, on-site Fit for Life **Health Coaches** are available to provide support and encouragement. Call 207-442-3145 for more information or to get connected with a coach.

Are you at risk?

The following factors increase your risk of developing type 2 diabetes:

- Age 45 or older
- A family history of type 2 diabetes
- Being overweight
- Being physically active less than 3 times a week

Omada has programs that can help.

Visit omadahealth.com/general-dynamics to see if you qualify.

*If you or your eligible dependent is enrolled in a General Dynamics medical plan, access Omada through Castlight. Go to mycastlight.com/general-dynamics or text **APP** to **35925** to get a link to download the Castlight Mobile app. Message and data rates may apply.

If you do one thing this December: Focus on healthy eating and exercise. Your health coach or Omada can help.