

HEALTH BEAT | JANUARY 2023

It's a joint effort

With GDBIW, you have resources to manage pain and get back in the game.



Did you know? Over 80% of people will experience back pain at least once in their lifetime. Check out the Academy from Sword Health to learn about exercises that help prevent and relieve MSK pain. The Academy is available to everyone regardless of enrollment in a GDBIW medical plan.

Resolve to get relief from joint and muscle pain

One in two Americans will experience Musculoskeletal (MSK) pain in any given year. If you're recovering from surgery, living with a chronic condition like arthritis or have muscle aches and pains, you don't have to just grin and bear it. Stop suffering and start exploring your options for pain relief. GDBIW's Healthy Partners are here to help.

Three ways to overcome MSK pain:

- 1 Move it to lose it**
Don't let muscle and joint pain keep you on the sideline. Get moving again with help from Sword Health*. Sword Health offers all-natural, prescription-free pain relief through physical therapy. You are paired with a certified physical therapist who creates an exercise program that is customized for you. Staying on track is easy! It's all digital, so you can get the care you need from anywhere at any time.
- 2 Get a second opinion**
Joint replacement can be costly and painful. Take time to explore all your options and potentially avoid surgery with resources from Included Health*. Included Health gives you access to a care team who will review your case and give you a second opinion from a medical specialist, all at no cost to you. Even if surgery is ultimately the right option, you can feel confident knowing that you're getting the right treatment for you.
- 3 Maintain a positive outlook**
If you're feeling down due to joint or muscle pain, talk to someone about it. Those living with chronic pain are four times more likely to experience anxiety and depression than those without pain. In addition to speaking with your primary care provider, connecting with a counselor from Life365 can help. Life365 offers support groups and other resources to improve your emotional and mental well-being while you're managing chronic pain.

Get support for MSK Pain.

Access resources from these featured Healthy Partners through Castlight*. Scan the QR code to download the Castlight Mobile app.



**If you or your eligible dependent is enrolled in a GDBIW medical plan, access Sword Health and Included Health 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.*