

HEALTH BEAT | FEBRUARY 2023



# Show your heart some love

Keep it going strong with support from your Healthy Partners.

## It's hard to repair a broken heart

**Did you know that heart disease is the leading cause of death for both men and women?**

Damage from a heart attack or stroke is often unexpected and irreversible. However, there are steps you can take to reduce your risk of heart disease. Whether it's lowering your blood pressure, losing weight or managing stress, GDBIW has resources to help you keep your heart healthy.

## Three ways to improve your heart health:

### 1 Know your numbers

If left untreated, high blood pressure can cause serious health conditions such as a heart attack or stroke. Checking your blood pressure at home is an important part of managing high blood pressure. **Hello Heart\*\*** makes this process quick and easy! Eligible employees can receive a free wireless blood pressure monitor and access to the Hello Heart app to track readings, set medication reminders and view tips on how to keep your blood pressure where it needs to be.

### 2 Prevent diabetes

1 in 3 American adults have prediabetes and of those, 80% don't know they have it.\* If you are at risk of, or have diabetes, you may be twice as likely to have heart disease than someone who doesn't have diabetes. **Omada\*\*** can help you prevent diabetes and reduce your risk of heart disease. If you're eligible, Omada will design a plan just for you that includes weekly health lessons and one on one coaching to help you start and maintain healthy habits that support heart health.

### 3 Stress less

In moderation, stress helps us stay motivated to do our best. However, too much stress is harmful to your heart, body and mind. Chronic stress can lead to high blood pressure, and it is associated with an increase in other harmful behaviors such as smoking, overeating and a sedentary lifestyle. Connect with Life365 to access mindfulness techniques and get connected with a counselor about managing your stress. Call 877-622-4327 to get started.

## Resources to support heart health

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



*\*\*If you or your dependent is eligible and enrolled in a GDBIW medical plan, access Hello Heart and Omada through Castlight. Access to Life365 is open to all employees regardless of medical enrollment. 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. Message and data rates may apply.*

\*Source: Prediabetes – Your Chance to Prevent Type 2 Diabetes - CDC