

HEALTH BEAT | March 2023

# Give your health a boost

Preventive care and immunizations keep you going strong.



## An ounce of prevention is worth a pound of cure

We know finding time to put your health first can feel next to impossible. But preventive care — which is the key to helping you stay healthy and uncover problems early, when they're easier to treat — can't wait.

In-network preventive care, including annual exams, screenings, immunizations and vaccinations, is covered at 100% under GDBIW medical plans.

### Schedule your yearly exams

1 Get your annual medical visit on the calendar. Will you hit a big birthday milestone this year? If so, you may have new age-based screenings, such as colonoscopies and mammograms, to consider. Your primary care doctor can recommend screenings, immunizations and vaccinations for you based on your age and family history.

### Check-in on your numbers

2 Want a quick and easy way to get a clear picture of your overall health? A health screening helps you understand and track key health factors such as weight, blood pressure, blood sugar, cholesterol and BMI. And you get a reward!\* Fit for Life offers free and confidential health screenings for all employees and spouses regardless of medical coverage. Contact Fit for Life at 207-442-3145 for more information.

### Prioritize self-care for a healthy mind

3 It's OK to not be OK. GDBIW has resources that can help. Counselors at **Life365** can help you tackle stress, anxiety, depression and more. Call 877-622-4327 or visit [myCigna.com](http://myCigna.com) (with employer ID: BIW) to get started. It is free, confidential, and available 24/7 to all employees and household members regardless of medical coverage.

### Access Healthy Partners and contact information on Castlight\*\*

- Go to [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics)
- Download the Castlight Mobile app by texting **APP to 35925** or scan the QR code



\*Limit of one health screening and \$50 valued reward per employee/\$100 valued reward per spouse, per year.

\*\*Go to [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics) or text APP to 35925 to download the Castlight Mobile app.