

HEALTH BEAT | April 2023

All in the family

Take advantage of resources to help with all your family matters.



Families come in all shapes and sizes. No matter where you are in life, we offer resources to help you tackle today, plan for tomorrow, and care for the ones you love.

It takes a village

- 1 Managing family life is hard! Ovia* offers coaching and resources for family planning, pregnancy and parenting. When you feel overwhelmed from juggling it all, Life365** counselors are ready to help.

Dream big (start small)

- 2 Whether you're saving for a house, planning for college or preparing for retirement, Fidelity's Planning and Guidance Consultants** can help. Book a one-on-one appointment to help you develop a personalized plan to meet your financial goals. Call **866-973-5023** or visit **gdbenefits.com** to get started.

Shop around to save

- 3 High-quality care doesn't necessarily cost more. Healthcare Bluebook* makes it easy to compare cost and quality ratings from medical providers in your area — so you can feel good knowing you're getting the care you deserve at a fair price! Looking for a second opinion? Feel confident in your diagnosis and treatment plan with Included Health*!

Access most Healthy Partners on Castlight

- Go to mycastlight.com/general-dynamics
- Download the Castlight Mobile app by texting **APP to 35925** or scan the QR code



*Available to employees enrolled in a General Dynamics medical plan and their eligible spouses.

**Available to all employees and their dependents regardless of medical plan enrollment.