

HEALTH BEAT | May 2023

# Where's your head at?

No matter what's on your mind, GDBIW has the resources to support you.



Stay on top of your mental health with help from your Healthy Partners.

## Stress Less

- 1 Is something weighing on your mind? **Life365\*** can help. You and your dependents have access to free resources including eight counseling sessions per issue, per year. Advocates can recommend strategies and resources for stress relief – like mindfulness activities. Call 877-622-4327 for more information.

## Lighten your load

- 2 **Fit for Life** health coaches can help you develop a personalized well-being roadmap that works for you. Together you can identify key goals and develop a plan for good eating, exercise habits, quitting tobacco, better sleep, and more. Call 207-442-3145 to get connected with a coach.

## Take Control

- 3 Worried about a recent diagnosis or treatment plan? Get a free second opinion from a top medical expert with **Included Health\*\***.

### Access Healthy Partners 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



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

*\*\*Available to employees enrolled in a GDBIW medical plan and their eligible dependents.*