

HEALTH BEAT | June 2023

Steer your health in the right direction

Whether you're on track or off course, GDBIW has resources to support your health.



Stay up to date with check-ups and preventive care — it could help you avoid health issues down the road.

Get smart about your health

- 1 Getting a health screening is an easy way to check key health indicators like your weight, blood pressure, blood glucose and cholesterol levels. Employees and their spouses, can get a free health screening* from **Fit for Life** each year.

Give your heart a helping hand

- 2 If you have high blood pressure, **Hello Heart**** can help you manage it for free. The Hello Heart app offers tools and insights so you can work smarter, not harder, to improve your heart health.

Maintain a healthy weight

- 3 Being overweight increases your chances of developing type 2 diabetes. If you're at risk, **Omada**** can help. Not eligible for Omada but still want to lose weight? Health coaches*** can help you adopt new habits to feel your best.

Did you know? Heart disease is the leading cause of death for men and women in the United States. Use the numbers from your health screening to help understand your risk.

Access Healthy Partner resources through Castlight. Scan the QR code to download the Castlight Mobile app.



*Screenings are voluntary. Your results are confidential. All information from your health screening is Protected Health Information and is secured according to the Health Insurance Portability and Accountability Act (HIPPA). GDBIW will not have access to individual results.

**If you or your covered spouse is eligible and enrolled in a GDBIW medical plan, access Hello Heart and Omada through Castlight.

***All employees, regardless of enrollment in a GDBIW Medical plan, are eligible to participate in health screenings and coaching. Contact Fit for Life at 207-442-3145 for more information.