



Employee Service Announcement

ESA 092

July 19, 2023

GENERAL DYNAMICS
Bath Iron Works

Healthy Rewards

HEALTH BEAT | July 2023

Eat Well. Sleep Well. Be Well.

Fuel your body and mind with quality sleep and balanced nutrition.



A healthy diet and sleep routine can improve your overall well-being.

Earn rewards for tracking healthy activities

- 1 Making healthy choices pays off. Download the **Castlight mobile app** and earn points for tracking things like sleep, food, and steps. Redeem your points for **healthy rewards*** prizes or sweepstakes entries.

Say goodnight to muscle and joint pain

- 2 Want to move freely and get a better night's sleep? The Academy from Sword Health* offers a library of on-demand resources to help you achieve relief from MSK pain. Access Sword through Castlight.

Be proactive against diabetes

- 3 Don't wait until it's too late. Make healthy changes to your diet and exercise routine to lower your risk of type-2 diabetes and heart disease. **Omada's**** prevention program and the Fit for Life coaches can help. Access Omada through Castlight and connect with a coach with Fit for Life at 207-442-3145.

Did you know? A lack of sleep and poor nutrition can be a side effect of unhealthy stress levels. Resources from Life365 can help. Call 877-622-4327 or visit myCigna.com to get started.

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



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 Life365

 Bath
BUILT
Fit for Life

 Castlight

*Healthy Rewards, The Academy from Sword Health, and Life365 are available to all employees and their dependents regardless of medical plan enrollment.

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