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.

1. **Earn rewards for tracking healthy activities**
   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.

2. **Say goodnight to muscle and joint pain**
   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.

3. **Be proactive against diabetes**
   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.

*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.