Employee Service Announcement

ESA 101
August 9, 2023

Health Beat | August 2023

Back and Better Than Ever
Set yourself up to succeed with preventive care and immunizations.

Soon the buses will be back on the road and children will be gearing up for a new school year. This is a good reminder for us all to gear up for finishing the year strong and setting the stage for our health goals going forward.

Check-up on your health
Schedule your annual physical, dental and vision exams* and make sure you’re up to date on all age and gender recommended screenings and vaccines, such as a flu shot. Participate in a health screening or coaching with Fit for Life. Contact Fit for Life at 207-442-3145 for more information.

Give yourself a break
All the responsibilities of work, school and/or home life can feel overwhelming at times. Life365** has resources to help you and your family members handle stress in a healthy way. Call 877-622-4327 or visit myCigna.com.

Maintain a healthy weight
Being overweight increases your chance of developing a chronic illness like heart disease and type-2 diabetes. If you’re at risk, take advantage of resources from Hello Heart, Omada,** and Fit for Life. Making small, healthy changes now can have a major impact on your future.

*If you are enrolled in a GDBIW medical plan, you can receive in-network preventive care at no cost to you. If you are enrolled in a GDBIW dental plan – you have access to dental exams and cleanings at no cost to you. If you are enrolled in a vision plan, you can receive an annual eye exam at a low cost. Visit your medical, dental or vision carrier’s website or call the number on the back of your ID card for more information.

**Access to Life365 is open to all employees regardless of medical enrollment. Go to myCigna.com, call 877-622-4327 or access through Castlight.

***If you or your dependent is eligible and enrolled in a GDBIW medical plan, access Hello Heart and Omada through Castlight. All employees, regardless of medical enrollment can access Life365 through Castlight. Go to mycastlight.com/generaldynamics or text APP to 33925 to download the Castlight Mobile app.

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