

HEALTH BEAT | September 2023

# Find Your Happy Place

Gain some peace of mind with  
GDBIW's Resources



While Fall brings cooler days and warm colors, it can also be a stressful time, especially if you are involved in back-to-school schedules. Stay focused and tackle challenges head on with help from your Healthy Partners.

## Speak up

- 1 If you're feeling stressed, anxious or depressed, it's okay to ask for help! **Life365\*** counselors are available 24/7/365 to listen and offer free, confidential support to you and your household family members. Call 877-622-4327 or visit [myCigna.com](https://myCigna.com).

## Get moving

- 2 Regular exercise can help improve your state of mind. If joint and muscle pain makes it hard to move, **Sword Health's\*\*** digital physical therapy program and prevention program, The Academy, can help you overcome pain from the comfort of home.

## Achieve your goals

- 3 What gets measured gets done. **Castlight\*** makes it easy to track your activity, sleep and nutrition habits and measure your progress. BIW's **Fit For Life** team is also here to support you and your goals through annual health screenings and health coaching. Contact **Fit For Life** at 207-442-3145 for more information.

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



\*Access to Life365 and Castlight is open to all employees regardless of medical enrollment. Go to [mycastlight.com/generaldynamics](https://mycastlight.com/generaldynamics) or text APP to 35925 to download the Castlight Mobile app.

\*\*Sword Health's digital physical therapy program is available to U.S. employees, excluding expatriates, enrolled in an eligible GDBIW medical plan, as well as their covered spouses and dependents age 13 and older. All U.S. employees, excluding expatriates, regardless of enrollment in a GDBIW medical plan, have access to The Academy.