

HEALTH BEAT | October 2023

# Stop, Schedule and Screen

Take time to put your health first. Schedule your mammogram and other age-appropriate screenings.



Get informed, be proactive and feel empowered by staying up to date with your biometric screenings and preventive care. GDBIW offers resources to help you pause, plan and put your health first!

## Schedule your screenings

1

Early detection is the best protection. In-network preventive care is covered at 100% under all GDBIW medical plans. In addition, BIW's **Fit for Life** team is here to support you through annual health screenings and health coaching. Contact **Fit for Life** at 207-442-3145 for more information.

## Track your heart health

2

Heart disease is the leading cause of death for both men and women – yet treatment for women is often delayed due to misdiagnoses.\* Take control by knowing your numbers and adopting healthy habits. **Hello Heart\*\*** can help you track your blood pressure, cholesterol and heart rate and offers personalized heart health tips to help you lower your risk of heart disease.

## Care for the caregiver

3

When you're doing it all, it's important to find balance. **Life365\*\*\*** offers a variety of tools to help you reduce stress, improve focus, and maintain the energy you need to care for yourself and others! **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](http://myCigna.com) to get connected.

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



\*Source: Center for Disease Control and Prevention [cdc.gov/heartdiseasefacts.htm](https://cdc.gov/heartdiseasefacts.htm)

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

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