

HEALTH BEAT | November 2023

Let's Not Sugar Coat It

Diabetes is tough. GDBIW has resources to support you through the highs and lows.



There is strength in numbers, don't go it alone. Connect with a health coach and engage with your Healthy Partners for help with managing diabetes and other chronic health conditions.

Focus on Healthy Habits

- 1 Maintaining a healthy weight, getting regular exercise and quitting smoking are three ways to reduce your risk of developing a chronic disease. Eligible employees and spouses can partner with **Omada*** for extra support with sustaining healthy habits and preventing type 2 diabetes.

Stop Smoking

- 2 Smoking tobacco and other nicotine products increases your chances of developing chronic illnesses like lung disease, heart disease and type 2 diabetes. BIW's **Fit for Life**** team is here to provide individualized support to help you kick bad habits, like smoking, for good. Contact **Fit for Life** at 207-442-3145 for more information.

Maintain a Positive Outlook

- 3 There is no-one-size-fits-all approach to managing diabetes. **Life365***** can meet you where you're at, and has resources to help you practice mindfulness and manage stress. **Life365** counselors are available 24/7 to listen and offer free, confidential support to you and your household family members. Call 877-622-4327 or visit myCigna.com to get connected.

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



Castlight

Life365

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

**All employees and spouses, regardless of enrollment in a GDBIW medical plan, are eligible to participate in health coaching through Fit For Life.

***Life365 and Castlight are open to all employees regardless of medical enrollment. Go to mycastlight.com/general-dynamics or text APP to 35925 to download the Castlight Mobile app.