

HEALTH BEAT | December 2023

# 'Tis the Season for Holiday Treats

Give yourself the gift of good choices. Mindful eating can help you feel healthy and bright.



The end of the year can be filled with lots of festivities, friends and food! Maintain balance and make nutritious food choices with help from your Healthy Partners and Fit for Life.

### Indulge wisely

Avoid overeating at holiday parties by planning ahead. Choose healthy snacks, indulge in moderation and drink plenty of water throughout the day. If you are at risk of developing diabetes, it's even more important to make smart food choices. Eligible employees and spouses can partner with **Omada**\* for extra support with making and sustaining healthy habits. BIW's **Fit for Life**\*\* team can help you get connected. Contact Fit for Life at 207-442-3145 for more information.

1

### Be kind to your heart

Take a break from the hustle and bustle of the season. Limiting alcohol intake, exercising and eating a balanced diet can help lower your risk of heart disease. If you have high blood pressure, the **Hello Heart**\* app can help with personalized tips and medication reminders. Contact **Fit for Life** at 207-442-3145 for more information or to get connected.

2

### Stress less

The holidays can be exciting, stressful, fun and exhausting all at once. Stress can keep us motivated, but chronic stress can lead to high blood pressure, and is associated with an increase in other harmful behaviors such as smoking, overeating, and a sedentary lifestyle. **Life365**\*\*\* has the resources to help you practice mindfulness and manage stress. **Life365** is available 24/7 and can be reached at 877-622-4327 or at myCigna.com.

3

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



Castlight



omada



Life365



Hello Heart

\* If you or your covered spouse is eligible and enrolled in a GDBIW medical plan, access Omada and Hello Heart 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/generaldynamics](http://mycastlight.com/generaldynamics) or text APP to 35925 to download the Castlight Mobile app.