

HEALTH BEAT | January 2024

Rise and Shine

Quality sleep can increase your resilience – helping you to be your physical and emotional best.



When you are well-rested, your immune system, body and mind function at their best, making it easier to handle stress and bounce back from life's challenges. Do yourself a favor by making sleep and resilience a priority in 2024!

Earn rewards for tracking healthy activities

1

Making healthy choices pays off. Download the **Castlight mobile app*** and earn points for tracking things like sleep, food, and steps. Redeem your points for healthy rewards prizes or sweepstakes entries. BIW's **Fit for Life**** team can help you get connected and stay motivated. Contact Fit for Life at 207-442-3145 for more information.

Say goodnight to aches and pains

2

When you are in pain, quality sleep can be hard to come by - and not getting enough sleep can make you feel worse! Treat muscle and joint pain with digital physical therapy from **Sword Health*****. Sword will develop a personalized plan to help you reduce pain levels by 70% in just eight weeks**** – making it easier to catch more z's! Access Sword through Castlight.

Put negative thoughts to rest

3

Lack of sleep can be a side effect of unhealthy stress levels. If something's weighing on your mind, **Life365*** can 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** or to get started.

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



Castlight



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

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

*** The Sword Digital Therapy Program is available to US employees, excluding expatriates, enrolled in an eligible GDBIW medical plan, as well as their covered spouses and dependents over the age of 13.

**** Source – Sword Clinical Studies