

HEALTH BEAT | February 2024

# Listen to Your Heart

Don't miss a beat. Use your Healthy Partners to focus on your heart health.



Laughter may be the best medicine, but heart disease is no joke. Take your heart health seriously. Talk with your Fit for Life health coach and connect with healthy partners who can help you manage your risk of heart disease.

### Control high blood pressure

1

Having high blood pressure increases your risk of heart attack or stroke. Take control by meeting with your **Fit for Life health coach**<sup>1</sup> and using **Hello Heart**<sup>2</sup> to manage high blood pressure. Hello Heart can help you monitor your blood pressure, track your readings and more! Call Fit for Life at 207-442-3145 or talk with your health coach for more information.

### Prevent diabetes

2

Did you know that having diabetes doubles your risk of heart disease? Don't wait, take action now! **Omada Health's Prevention program**<sup>2</sup> gives you personalized support with weight loss and other lifestyle changes that can reduce your risk of type 2 diabetes and heart disease. Access Omada through **Castlight**<sup>3</sup> or talk with your Fit for Life health coach for more information and to get connected.

### Manage stress

3

Chronic stress can be hard on your health. **Life365**<sup>3</sup> can help you manage your stress to protect your heart. 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** to talk with a trusted expert who will help with your challenges, no matter how big or small.

Access Healthy Partners through Castlight.<sup>3</sup> Scan the QR code to download the Castlight Mobile app.



Hello Heart **Life365**



**omada**



**Castlight**

<sup>1</sup>All employees and spouses, regardless of enrollment in a GDBIW medical plan, are eligible to participate in health coaching through Fit for Life.

<sup>2</sup>Hello Heart and Omada are open to eligible employees and their spouses who are enrolled in a GDBIW medical plan.

<sup>3</sup>Life365 and Castlight are available 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.