

HEALTH BEAT | March 2024



# Take it one day at a time

If you or someone you love is affected by substance use disorder, GDBIW has programs to support your journey to better health.

You have the power to overcome life's challenges, including substance use disorder. Confidential counseling and resources from Life365, Fit for Life, and healthy partners can help.

### Get a helping hand

1

Substance use disorder affects nearly 22 million Americans each year. If you or your loved one are coping with substance use disorder and don't know where to turn, resources from **Life365**<sup>1</sup> can help. Life365 personal advocates are available 24/7 to listen, offer emotional support, and connect you to resources. Call **877-622-4327** or visit **myCigna.com** to get started.

### Programs to help you quit or cut back

2

Improve your health with a commitment to stop or cut back the amount of alcohol you are consuming. **Fit for Life**<sup>3</sup> offers employees and spouses confidential health coaching, can connect you with resources, and make a plan that is right for you. Talk with your health coach or contact **Fit for Life** at **207-442-3145** for more information.

### Manage pain with movement

3

When you're in pain, it can be hard to think about anything else, and many turn to medication to ease symptoms. You'll be relieved to know that there is another way to feel better – not just in the now, but for the long term, with the **Sword Health**<sup>2</sup> digital physical therapy program. Sword's personalized physical therapy program offers safe and effective solutions for pain relief from the comfort of your own home. Talk with your health coach or contact **Fit for Life** at **207-442-3145** for more information.

Access Healthy Partners through Castlight<sup>1</sup>. Scan the QR code to download the Castlight Mobile app.



Castlight

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Life365

<sup>1</sup> Life365 and Castlight are open to all employees regardless of medical enrollment. Go to [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics) or text **APP** to **35925** to download the Castlight Mobile app.

<sup>2</sup> 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.

<sup>3</sup> All employees and spouses, regardless of enrollment in a GDBIW medical plan, are eligible to participate in health coaching through Fit for Life.