

HEALTH BEAT | April 2024



Take Great Care

Care for yourself while caring for others with support from GDBIW's Healthy Partners and other on-site programs.

Juggling the responsibilities of work and home can be challenging, especially if you have others relying on you! Team up with your Fit for Life health coach and Healthy Partners for resources to help you navigate care for yourself and your loved ones.

Know your numbers

1

The demands of caregiving can make it difficult to put your health first. Participating in a **Fit for Life**¹ health screening helps you understand and track key health factors, and you get a reward!* Fit for Life offers free and confidential health screenings for all employees and spouses regardless of medical coverage. Contact Fit for Life at **207-422-3145** or at biwfitforlife@gdbiw.com for more information.

Reduce stress

2

Life365² can help you manage life's challenges with less stress. Take advantage of 24/7 resources including counseling, financial and legal advice, referrals for child and elder care, and more! Call **877-622-4327**, visit myCigna.com or download the **myCigna app** to get connected.

Gain peace of mind

3

Whether it's getting a second opinion or exploring alternative treatment plans, the experts at **Included Health**³ can help you feel confident that you and/or your eligible dependent(s) are getting the right care. Included Health gives you access to a care team who will review your case and provide you with a second opinion from a medical specialist, all at no cost to you. For additional details, access Included Health through **Castlight**².

Access Healthy Partners through Castlight.² Scan the QR code to download the Castlight Mobile app.



* Screenings are voluntary. Your results are confidential. All information from your health screening is Protected Health Information and is secured according to the Health Insurance and Portability and Accountability Act (HIPPA). GDBIW will not have access to individual results.

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

² 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.

³ Included Health is available to US employees, excluding expatriates, enrolled in an eligible GDBIW medical plan, as well as their covered dependents.