

HEALTH BEAT | May 2024

Speak Up, Reach Out



You don't have to go it alone. GDBIW's wellbeing partners and programs are here to support you.

Your emotional health is an important piece of your overall well-being. GDBIW's emotional wellbeing resources and on-site programs are here to support your whole self and can help you navigate whatever life throws your way — no matter how big or small.

Strengthen your emotional health

Is something weighing on your mind? **Life365**¹ can help. Advocates can recommend strategies for stress relief, or get you connected with resources that can help provide ongoing support. Additionally, you and your household members have access to free resources including eight counseling sessions per issue, per year. Life365 is available 24/7/365 to offer confidential support. Call **877-622-4327** or visit **myCigna.com** to get started.

1

Connect with an expert when you need help

When you or your covered dependents need a helping hand, explore **Cigna's Case Management program**² to get connected with a **personal Nurse Advocate** who can work with you to better understand your condition and coordinate care, provide one-on-one emotional support, and help reduce costs. Cigna offers this service as part of GDBIW's medical plan benefit. Call Cigna at **1-888-551-4072** to get started.

2

Check in with your Health Coach

Fit for Life³ Health Coaches are there for whenever you need a hand. They understand all the resources available through Fit for Life and can help you determine which one(s) is right for you based on your specific concern. Call Fit for Life at **207-442-3145** or email **biwfitforlife@gdbiw.com** to get connected with a health coach.

3

If you do one thing in May, reach out to Life365. An advocate will ask you a few questions about what's on your mind, then connect you with resources to best meet your needs.

Access Healthy Partners through Castlight¹. Scan the QR code to download the Castlight Mobile app.



¹ Life365 and Castlight are available to all employees regardless of medical enrollment and spouses who are enrolled in a GDBIW medical plan. Go to mycastlight.com/general-dynamics or text APP to 35925 to download the Castlight Mobile app.

² Cigna Case Management program is available to US employees, excluding expatriates, enrolled in an eligible GDBIW medical plan, as well as their covered dependents.

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