

HEALTH BEAT | June 2024

# Stay on Track and Stay Healthy

When planning your summer fun, don't forget to plan for your health with the help of Castlight and GDBIW's other on-site programs.



Summer is nearly here, which means a chance to relax, get outside, and have fun with family and friends. Along with sunny days, summer can bring some seasonal health risks. Taking simple steps like completing a health screening or logging activities in Castlight can help you stay on track.

## Check-in

1

Getting a health screening is an easy way to check key health indicators like your weight, blood pressure, blood glucose and cholesterol levels. **Fit for Life**<sup>1</sup> offers free and confidential health screenings\* for all employees and spouses regardless of medical coverage, and you get a reward! Contact Fit for Life at **207-442-3145** or at [biwfitforlife@gdbiw.com](mailto:biwfitforlife@gdbiw.com) for more information.

## Get moving

2

Regular exercise can help protect your body against illnesses and is great for you mentally. **Castlight**<sup>2</sup> makes it easy to track your activity, sleep and nutrition habits, and measure your progress. BIW's **Fit for Life** team is also here to support you and your goals through health coaching. Contact Fit for Life at **207-442-3145** for more information.

## Stress Less

3

Some people associate their happiest memories with long days and warmer months. For others, the changing seasons may increase anxiety, and the summer months can feel difficult to face. **Life365**<sup>2</sup> counselors are available 24/7 and can help you regain a sense of balance and connect you with resources for ongoing support. Call **877-622-4327** or visit [myCigna.com](http://myCigna.com) to get connected.

Access Healthy Partners through Castlight<sup>2</sup>. 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.

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

<sup>2</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.