

HEALTH BEAT | July 2024

# Soak Up Summer Safely

Sometimes safety is as easy as wearing sunscreen or a life jacket. If you're facing a more serious concern or looking for support, GDBIW's Healthy Partners and on-site programs have your back.



As you take off for your summer adventures, make sure you feel your best. Explore resources from GDBIW's Healthy Partners and on-site programs to help you get active, stay safe and pain-free all summer long.

## Break free of pain

Don't let muscle and joint pain keep you on the sideline. Get moving again with help from **Thrive**<sup>1</sup> digital physical therapy through **Sword**<sup>1</sup>. The Thrive program combines physical therapy with easy-to-use technology. Sword will send you a complete kit in the mail, and your physical therapist is there to support you at any time, all at no cost. Access Sword through **Castlight**<sup>3</sup> to enroll, get connected with your physical therapist, and start feeling relief.

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## Check out your options

The summer is a great time to explore, even when it comes to your health. Lean on resources from **Included Health**<sup>2</sup> to navigate treatment options for back pain, skin conditions, behavioral health, and more. A dedicated care team will review your medical history, guide you through your options, and provide a second opinion at no cost to you. Access Included Health through Castlight, or talk with your Fit for Life health coach for more information.

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## Achieve your goals

Summer is one of the best times to commit to a wellness routine - longer days, sunshine and fresh air can help us feel more energetic and better able to reach our goals. Support from Fit for Life health coaches can help you set goals and practice healthy habits, manage chronic conditions, or refer you to resources. Health coaching is available to all employees and their spouses. Contact Fit for Life by phone at **207-442-3145** or **biwiforlife@gdbiw.com** to get started with a health coach.

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Access Healthy Partners through Castlight<sup>2</sup>. Scan the QR code to download the Castlight Mobile app.



<sup>1</sup> The Sword Digital therapy program (Thrive) 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. All US employees, excluding expatriates, regardless of enrollment in a GD medical plan, have access to The Academy, Sword's video based program to help prevent injuries and support recovery.

<sup>2</sup> Included Health is available to eligible employees and their covered dependents enrolled in a GDBIW medical plan.

<sup>3</sup> Castlight is available to all employees regardless of medical enrollment and spouses who are enrolled in a GDBIW medical plan. Go to [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics) or text APP to 35925 to download the Castlight Mobile app.