

HEALTH BEAT | August 2024

Get Back to the Basics



The key to wellness may be simpler than you think! GDBIW's on-site programs and resources are here to help you learn and build a strong foundation to reach your goals.

Your health and wellbeing are important, but it's easy to put them on the back burner when life gets busy with summer activities or preparing for a new school year. Take time this month to think about your physical, mental and financial health and create a plan for success with support from GDBIW's on-site programs.

Plan for the future

1

No one can predict the future, but **Fidelity**¹ can help you plan for it! Connect with BIW's on-site Fidelity representative during one of their monthly one-on-one sessions. Whether you're planning for retirement or just getting started, schedule a planning session to get ahead and stay on track. Sessions can be scheduled at [Netbenefits.Fidelity.com/retirementconsultation](https://netbenefits.fidelity.com/retirementconsultation).

Make connections

2

Your emotional and mental health is just as important as your financial health. Connecting with each other and our communities is one of the keys to a happy, healthy life. **Life365**² has the tools to support you, whether it is finding a counselor to talk to or locating community resources like pet sitters or childcare. Call **877-622-4327** or visit myCigna.com to get started. Life365 is free, confidential, and available 24/7.

Take steps and celebrate success

3

When life gets hectic, it can be hard to find the time or motivation to maintain healthy habits. **Fit for Life**³ health coaches can help you set and reach your goals with a personalized plan that works best for you. By making small changes and staying consistent, you'll be celebrating wins with your health coach in no time! Contact Fit for Life at **207-442-3145** or by email at biwiiforlife@gdbiw.com for more information.

Access Healthy Partners through Castlight⁴. Scan the QR code to download the Castlight Mobile app.



¹Fidelity's Planning and Guidance Consultants are available to all employees. Dates and times for on-site one-on-one sessions are updated monthly.

²Access to Life365 is open to all employees regardless of medical enrollment. Go to myCigna.com, call 877-622-4327 or access through Castlight.

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

⁴Castlight 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 or text APP to 35925 to download the Castlight Mobile app.