

HEALTH BEAT | September 2024

## Give it Your Best Shot

Staying healthy during cold and flu season is no easy task. GDBIW's Healthy Partners and other on-site programs are here to help.



While there's no one-size-fits-all way to stay healthy this time of year, preventive care is a great place to start. If you're enrolled in a GDBIW medical plan, preventive care — including annual exams, screenings, immunizations and vaccinations — is always 100% covered.<sup>1</sup>

### Check in on your health

- 1 Get a snapshot of your overall health by completing a health screening through **Fit for Life**<sup>2</sup>. Keep an eye on key health factors – like your cholesterol, blood pressure and BMI – to make sure you're on the right track. Plus, employees receive a \$50-value incentive for participating in a screening. Contact Fit for Life at **207-442-3145** or **biwfitforlife@gdbiw.com** to learn more.

### Put care on the calendar

- 2 Did you know BIW and Walgreens are partnering to offer an on-site employee **Flu Shot Clinic**? Preventive care, like your annual physical and immunizations, is key to staying on top of your health and detecting issues early. BIW's Flu Shot Clinic will run from September 16-18, with a makeup day on October 2<sup>nd</sup>. Contact **Benefits** at **207-442-5973** or **biwbenefits@gdbiw.com** to find out when the clinic will be in your work area.

### Get help when you need it

- 3 Staying healthy is easier when you have support in your corner. **Life365** is here for you, whether it's help in the moment or ongoing support, such as finding a counselor. Life365 can provide a personalized approach to helping resolve day-to-day concerns and life's larger challenges. Call 877-622-4327 or visit **myCigna.com** to get started. Life365 is free, confidential, and available 24/7.

Access Healthy Partners through Castlight<sup>4</sup>. Scan the QR code to download the Castlight Mobile app.



Life365

<sup>1</sup> For a full list of covered services under your GDBIW medical plan, review the Summary Plan Description.

<sup>2</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>3</sup> 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>4</sup> Access to Life365 is open to all employees regardless of medical enrollment. Go to myCigna.com, call 877-622-4327 or access through Castlight.

<sup>5</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 or text APP to 35925 to download the Castlight Mobile app.