

HEALTH BEAT | October 2024



Women's Care: Pause, Schedule and Screen

Take time to put your health first. Schedule your mammogram and other age-appropriate screenings.

Get informed, be proactive and feel empowered by staying up to date with your biometric screenings and preventive care. GDBIW offers resources to help you pause, plan and put your health first!

Schedule your screenings

1

Early detection is the best protection. In-network preventive care is covered at 100% under all GDBIW medical plans. In addition, BIW's **Fit for Life**¹ team is here to support you through annual health screenings and health coaching. Contact Fit for Life at **207-442-3145** or **biwfiforlife@gdbiw.com** for more information.

Focus on your heart health

2

Heart disease is the leading cause of death for women – and can affect women at any age.² Take control by knowing your numbers and adopting healthy habits. **Hello Heart**³ can help you focus on your heart by tracking risk factors like high blood pressure or high cholesterol. Access Hello Heart through **Castlight**⁴ or talk with your Fit for Life health coach for more information.

Prioritize peace of mind

3

Chronic stress can be hard on your health. If you need someone to talk to, lean on **Life365**⁵ for 24/7/365 confidential support with whatever you're feeling. GDBIW employees and their household family members can receive up to 8 free counseling sessions (virtual or in-person) per issue per year. Call **877-622-4327** or visit **myCigna.com** get connected.

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



¹ 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.

² Source: Center for Disease Control and Prevention <https://www.cdc.gov/heart-disease/about/women-and-heart-disease.html>.

³ If you or your spouse is eligible and enrolled in a GDBIW medical plan, access Hello Heart through Castlight.

⁴ 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.

⁵ Life365 is available to all employees and their household family members regardless of medical enrollment.