

HEALTH BEAT | November 2024

Holiday cravings clouding your health?

Enjoy the holidays without giving into the urge. If you're looking to reduce or quit tobacco or vaping, GDBIW has resources that can help.



The holidays are right around the corner and for some, the changing seasons can be challenging. If you're looking to benefit your health and quit tobacco or vaping, take a deep breath. GDBIW has programs and on-site support to help you.

Make today the day

If you're ready to make a change, then you're ready to set some goals. **Fit for Life health coaches** can offer one-on-one support to help you quit smoking or vaping, manage a chronic condition, or reach other health-related goals. Contact Fit for Life at **207-442-3145** or **biwfifforlife@gdbiw.com** for more information.

1

Reduce your risk

While smoking increases your chances of developing chronic conditions, such as diabetes, there are ways to reduce your risk, including regular exercise and maintaining a healthy weight. **Omada**² provides eligible employees with personalized care plans to create and maintain healthy habits and prevent type 2 diabetes. Access Omada through **Castlight**⁴ or talk with your Fit for Life health coach for more information.

2

Reach out for support

Tobacco or vaping can be hard to quit, but you don't have to do it alone. **Life365**³ provides 24/7/365 confidential support for substance use, anxiety, depression and more. GDBIW employees and their household family members are eligible for up to 8 free counseling sessions (virtual or in-person) per issue per year. Call **877-622-4327** or visit **myCigna.com** get connected.

3

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



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

²Omada is available to employees and spouses covered by a GDBIW medical plan that are at risk for type 2 diabetes or heart disease and meet the program criteria.

³Life365 is available to all employees and their household family members regardless of medical enrollment.

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.