

Your 2023 Healthy Partners are here for you



Resources to make this your healthiest year yet



Help managing health conditions:

Sword Health* – Receive virtual physical therapy to help you prevent or manage chronic pain from the comfort of home. Available to employees enrolled in a GDLS medical plan and their eligible spouses. Access through Castlight.

Omada Health – Join the Omada Prevention program to help you lose weight and reduce your risk of diabetes and heart disease. Available to employees enrolled in a GDLS medical plan and their eligible spouses. Access through Castlight or go to omadahealth.com/generaldynamics.

Hello Heart – Track your blood pressure with a wireless blood pressure monitor, receive personalized alerts and get medication reminders. Available to employees enrolled in a GDLS medical plan and their eligible spouses. Access through Castlight.



Help navigating options:

Included Health – Get an expert medical opinion from a physician who will verify your medical or behavioral health diagnosis and help you understand your treatment options. Available to employees enrolled in a GDLS medical plan and their eligible dependents. Access through Castlight or go to includedhealth.com/generaldynamics.

Health Coaches – Connect with a coach when you have a health-related issue or question. You can call to talk with a coach or make an appointment to meet face-to-face or virtually. On-site health coaching is available to all employees, regardless of enrollment in a GDLS medical plan. Telephonic coaching is available to employees enrolled in a GDLS medical plan and their eligible spouses. Call Anthem Health Guide at **844-274-9561** for more information. To directly reach your health coach, Chris Barr or Melissa Amstutz (JSMC), email WorkWellLiveWell@gdls.com or call Chris at **313-969-8753** or Melissa at **419-549-2792**.

Healthcare Bluebook – Find the best care in your area at the best price using the Fair Price™ tool to compare data across services and facilities. Available to employees enrolled in a GDLS medical plan and their eligible spouses. Access through Castlight.



Support for emotional well-being:

LifeMatters – Connect to free, confidential support through your Employee Assistance Program (EAP) to help manage stress and find solutions to life’s most common issues – 24/7. Available to all employees and their dependents, regardless of enrollment in a GDLS medical plan. Call **800-634-6433** at any time. You can also access LifeMatters through the Castlight Mobile app by selecting *Benefits*. The password is **GDL1**.



Support for reproductive health and family well-being:

Ovia Health – Get support managing reproductive health, starting a family, raising your children or managing menopause. Ovia Health has three apps to support you no matter where you are on your journey: Ovia, Ovia Pregnancy and Ovia Parenting. Available to employees enrolled in a GDLS medical plan and their eligible spouses. Access through Castlight.



Support for financial well-being:

Fidelity – Prepare for retirement, review investment options, or plan for major life events like buying a home with Fidelity’s Planning and Guidance Consultants. Available to all employees and their dependents, regardless of enrollment in a GDLS medical plan. Access through **gdbenefits.com** or call **866-973-5023**.

When you engage with the Healthy Partners, you’ll not only feel better, but you’ll have the opportunity to earn points that you can redeem for sweepstakes entries throughout the year.**

Get started on Castlight, your well-being home base.

All employees (and spouses covered by a GDLS medical plan) can create an account.

» Go to **mycastlight.com/general-dynamics** or text **APP** to **35925** to get a link to download the Castlight Mobile app. Message and data rates may apply.



**The Sword Digital Therapy Program is available to U.S. employees, excluding expatriates, enrolled in an eligible GDLS medical plan, as well as their covered spouses and dependents age 13 and older. All U.S. employees, excluding expatriates, regardless of enrollment in a GDLS medical plan, have access to The Academy, Sword’s video-based program to help prevent injuries and support recovery.*

***Rewards in Castlight are based on your Business Unit, employee status (employee vs. spouse), union status and medical plan enrollment.*