

Benefits **BUZZ**



April 2023



APRIL IS FINANCIAL LITERACY MONTH!

Financial health is an important part of your overall well-being. Do you know your number?

National Financial Literacy month was created in order to raise public awareness of the importance of financial literacy and maintaining smart money management habits.

It does not matter if you have just started earning or have been for a long time. When it comes to managing your money, wouldn't it be helpful to see where you stand and whether there's room to do better?

NASSCO offers employees free tools through our partners at Fidelity who can help you do just that! See Page 2 to get information on how you can get a financial wellness check-up.

HEALTHY PARTNERS SPOTLIGHT!

All NASSCO employees have access to a free phone application that can help reduce your chances of developing diabetes.

See Page 5 for more information on Omada.

FREE EMOTIONAL & FINANCIAL SUPPORT: GINGER & RESOLVE 365

Check out these free employee resources to keep your mind and finances in shape!

See Page 6 for more information.

Start to improve your financial picture in 1 – 2 – 3

Get a **Financial Wellness Check-Up** today at www.NetBenefits.com/MoneyCheckup, and any time you want to reassess your progress or get money tips based on your current situation.

- 1** **Answer** fill-in-the-blank questions to tell us more about yourself and your finances.
- 2** **See** where your financial wellness score lands on a 1-100 point scale.
- 3** **Uncover** your strengths, and get three ways to make your money work even harder.

Do you prefer one-on-one consultations? Check out the in-person and virtual consultations happening this month!

FIDELITY IN-PERSON & VIRTUAL 401(k) & RETIREMENT CONSULTATIONS

APR. 19 - IN-PERSON CONSULTATIONS

Mission Valley 2 – First Floor, Conference Room B

Register here:

<https://nb.fidelity.com/public/nb/default/home?option=ledetail&Target=cours000000000044646>

APR. 19 - INFO/SIGN-UP BOOTH FOR APR. 26 CONSULTATIONS
10:30 a.m. – 3:30 p.m. in front of NASSCO's Medical Department (near Gate 6). Employees can sign up for an in-person 401(k)/retirement planning consultation with a Fidelity representative on Apr. 26.

APR. 26 - SHIPYARD – IN-PERSON CONSULTATIONS

Bldg. 15, First Floor, TR Conference Room – consultations for employees who signed up at the booth on Apr. 19.

MAY 9 - VIRTUAL ONE-ON-ONE CONSULTATIONS

To be announced.

MAY 17 - LIVE WEBINAR Scan QR code to register:
9:00 a.m. and 1:00 p.m.

"Building Your Financial Foundation Workshop:
Tackle Debt and Understand Your Credit Score"



Challenge is underway! It's not too late to join!

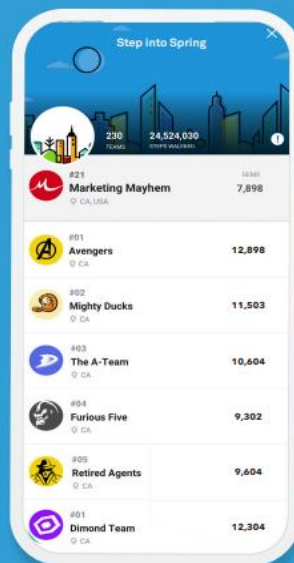
Step into Spring

ACTIVITY CHALLENGE

ENDS APRIL 30

Sync your steps and log your
challenge activities!

200 prizes will be awarded



Win prizes for participation!

Challenge Period: April 3-30

Any Activity Counts

Do what you enjoy!

No Special Equipment Required

You do not need an Apple watch or Fitbit in order to participate!

Ready?

Scan the QR code to download the Castlight app!

<https://www.castlight.com/general-dynamics>





Curious about what preventive screenings are right for you and your family?

Girls and Women

- **Ages 11-12:** The **human papillomavirus (HPV) vaccine** is recommended for protection from HPV, a virus that can cause cervical cancer
- **Age 20:** Begin annual visits with a gynecologist (visits should include a breast exam every 1-3 years)
- **Age 21:** Begin getting a Papanicolaou test (**Pap smear**) to screen for cervical cancer every three years
- **Ages 40-50:** Begin annual **mammograms** to detect early, treatable signs of breast cancer

Men

- **Age 50:** Ask your doctor about **prostate cancer screenings** and which test is right for you
- **Ages 65-75:** A one-time, **abdominal aortic aneurysm screening ultrasound** that looks for signs of an enlarged lower aorta which could lead to life-threatening internal bleeding

Children

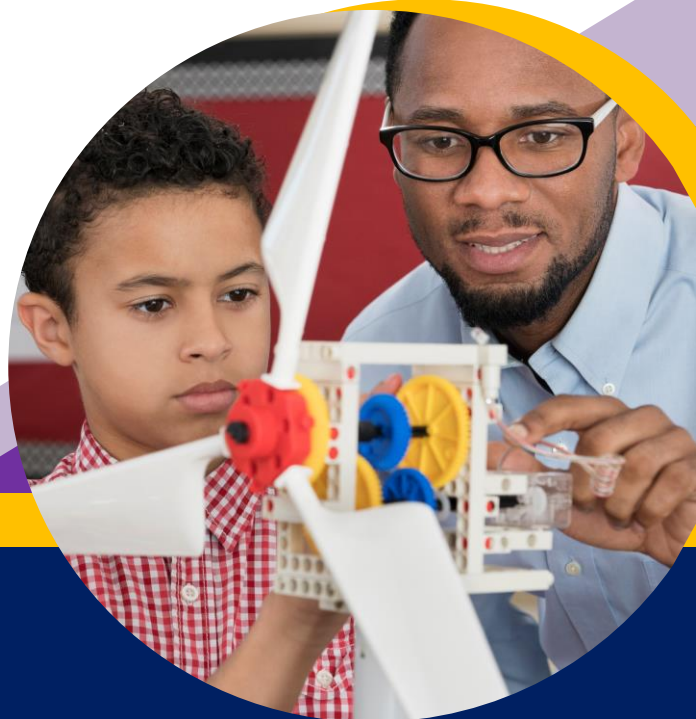
- Regular pediatric **check-ups** and **well-child visits** to monitor growth and development
- **Routine vaccinations**

Both Men and Women

- **Age 45:** Begin **colorectal cancer screenings** for precancerous polyps or colorectal cancer
- **Ages 65 and up:** **Bone density scans** can detect risk for osteoporosis (brittle bones) or osteopenia (low bone mass)

All Ages

- **Depression screening** untreated depression can lead to a myriad of serious physical and mental complications
- **Blood sugar test** to check for prediabetes or diabetes varies based on risk factors
- **Blood pressure test** and **cholesterol test** to determine risk for heart disease and stroke



HEALTHY PARTNER SPOTLIGHT:



Reduce Your Risk Of Diabetes

About the program:

Omada is a free virtual care provider that helps eligible NASSCO employees make lasting changes to improve health and reduce the risk of diabetes.

- ★ Employees and spouses on a General Dynamics medical plan are eligible
- ★ Apply through the Castlight app
- ★ No cost to the participant

What you get:

Reduce your risk of diabetes by following a plan backed by science.

- ★ Pre-connected scale to track your progress
- ★ Supportive health coach
- ★ Peer network for support
- ★ Interactive lessons every Monday

What you can expect:

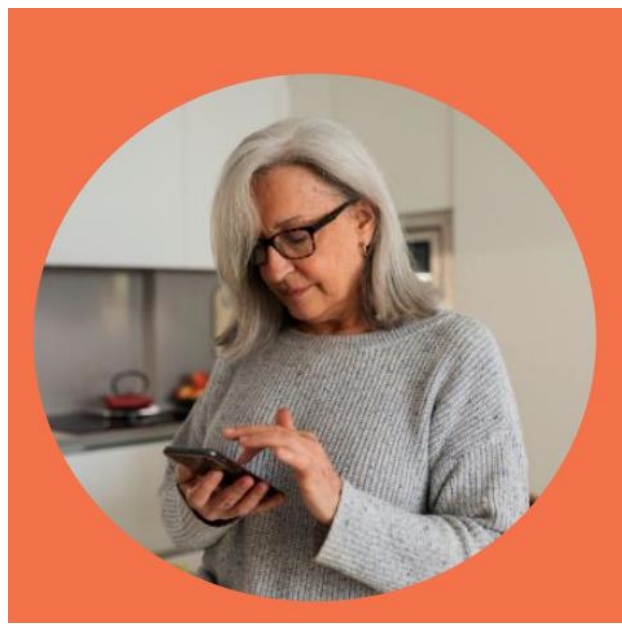
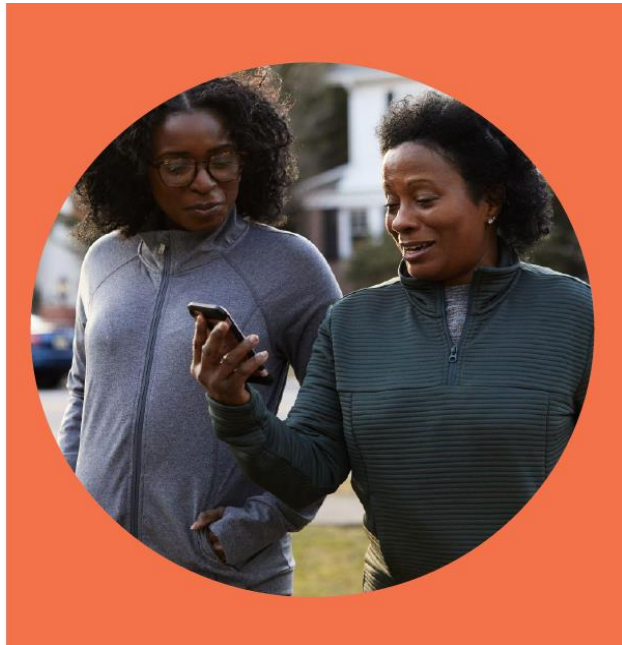
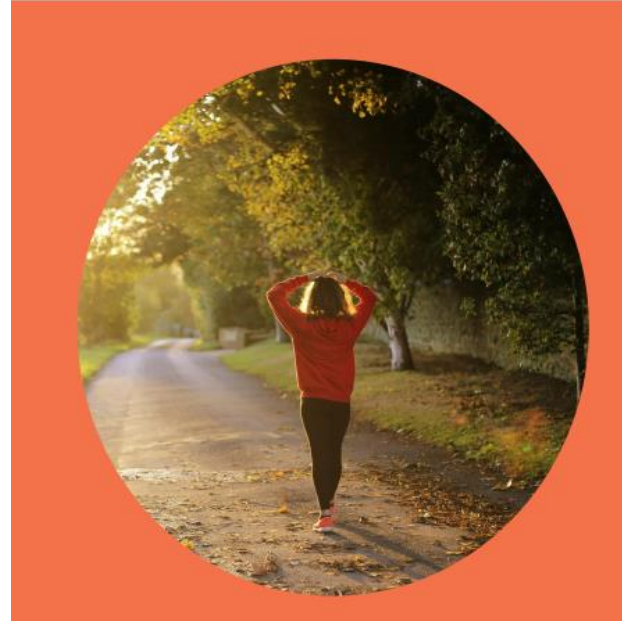
- ★ 25% of participants lose 5% or more of their baseline weight at 52 weeks
- ★ Average weight loss in the first 16 weeks is 2.5%

Member Support:

participant-support@omadahealth.com

(888) 409-8687

Hours: 6:00 a.m. to 6:00 p.m.





Ginger is a 24/7 emotional support phone application that offers immediate 1-on-1 support for employees coping with many common challenges like stress, low mood and issues with work and relationships.

Ginger's highly trained emotional support coaches are ready to help 24/7. Adult Kaiser Permanente members can use Ginger for 90 consecutive days at no cost.

Support is just a text message away! You can connect with a Ginger coach right after you complete registration and schedule a session at a time that works best for you.

Download the app and connect with a coach now!

www.kp.org/coachingapps/scal



Are you looking for Legal and Financial Resources?

Resolve 365 is here for you!



60-min
family law

30-min
other legal
topics

60-min
financial
issues

What is available to you:

- ✓ Highly qualified specialists, including: attorneys, CPAs, financial planners, credit counselors, budget specialists and licensed securities brokers
- ✓ Pre-negotiated rates to retain an attorney
- ✓ Enhanced services including financial coaching program
- ✓ Free consultation and discounted ongoing services
- ✓ Services include: state planning, tax issues support, hardship help, real estate support, debt coaching and more



www.myresolve365.com

What you can expect:

- ✓ Professional, confidential assistance
- ✓ Individualized assessments
- ✓ Eight "solution-focused" counseling sessions available
- ✓ Appropriate referrals to vendor partners
- ✓ Appointments available face-to-face, telephonic or virtual

