



# Benefits **BUZZ**



February 2023



## HEALTHY PARTNERS SPOTLIGHT!

NASSCO offers free resources to help you on your wellness journey! See Pages 3-5 for more information.

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## KAISER PERMANENTE EVENTS AND OTHER PROMOS!

See Page 4 for more information.

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## SHOW YOUR HEART SOME LOVE!

It's American Heart Month! At NASSCO we want you to be as healthy as possible. Did you know that heart disease is the leading cause of death for both men and women? Damage from a heart attack or stroke is often unexpected and irreversible. However, there are steps you can take to reduce your risk of

heart disease. Whether it's lowering your blood pressure, losing weight or managing stress, NASSCO has resources to help you keep your heart healthy. Check out this month's edition of the *Benefits Buzz* for the many resources NASSCO offers to you and your dependents.



## IT'S TIME TO PUT YOUR HEART FIRST!

Start by knowing and sharing the truth about heart disease.

- ✗ There is nothing I can do about it...
- ✓ Heart disease is largely preventable by making healthy choices
  
- ✗ If I can't feel it, it can't be that bad...
- ✓ High blood pressure usually doesn't have symptoms
  
- ✗ Why would I have high blood pressure?
- ✓ Over 46% of adults in the U.S. have high blood pressure
  
- ✗ Heart disease is really rare...
- ✓ Heart disease is the leading cause of death in the U.S. for both men and women
  
- ✗ To get healthy, I have to do things I don't enjoy...
- ✓ There are simple steps you can take, such as tracking your blood pressure

# THREE WAYS TO IMPROVE YOUR HEART HEALTH

## Know your numbers

If left untreated, high blood pressure can cause serious health conditions such as a heart attack or stroke. Checking your blood pressure at home is an important part of managing high blood pressure.

**Hello Heart** makes this process quick and easy!

Eligible employees can receive a free wireless blood pressure monitor and access to the **Hello Heart** app to track readings, set medication reminders and view tips on how to keep your blood pressure where it needs to be.

## Prevent diabetes

1 in 3 American adults have prediabetes and 80% of those don't know they have it. If you have or are at risk of diabetes, you may be twice as likely to have heart disease as someone who doesn't have diabetes. **Omada** can help you prevent diabetes and reduce your risk of heart disease. If you're eligible, **Omada** will design a plan just for you that includes weekly health lessons and one-on-one coaching to help you start and maintain healthy habits that support heart health.

## Stress less

In moderation, stress helps us stay motivated to do our best. However, too much stress is harmful to your heart, body and mind. Chronic stress can lead to high blood pressure, and it is associated with an increase in other harmful behaviors such as smoking, overeating and a sedentary lifestyle. Mindfulness sessions from **eM Life** are a quick and simple way to help lower your stress levels each day. Explore the full library of live and on-demand resources from **eM Life** through Resolve 365 or by downloading the **eM Life** app.



## Create Your Own Challenge

Have fun launching activity challenges all year round. Get moving and stay connected with your teammates. Create your own challenge.

### Simple set up

Easily sign up on your own with no administrative hassle

### Stay healthy

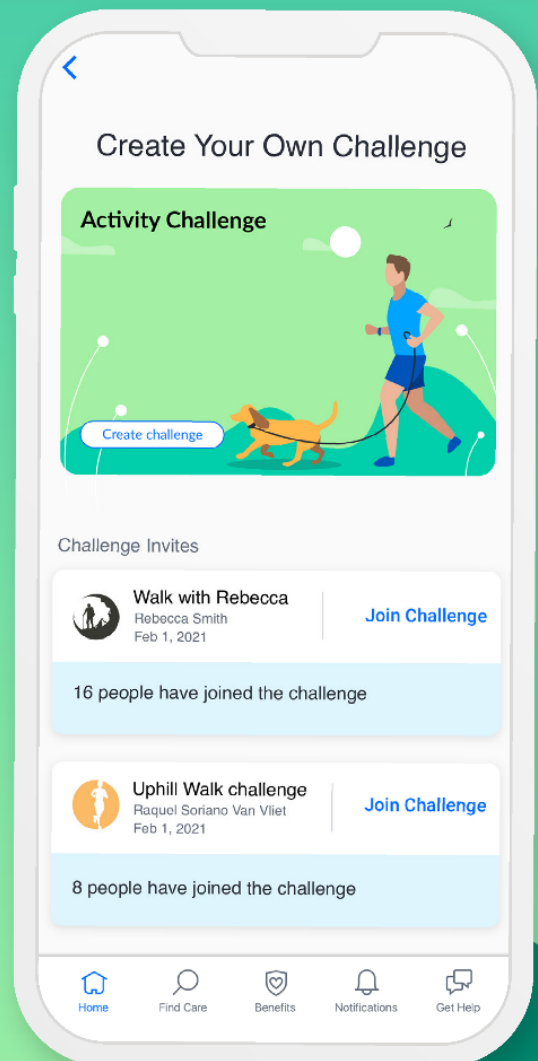
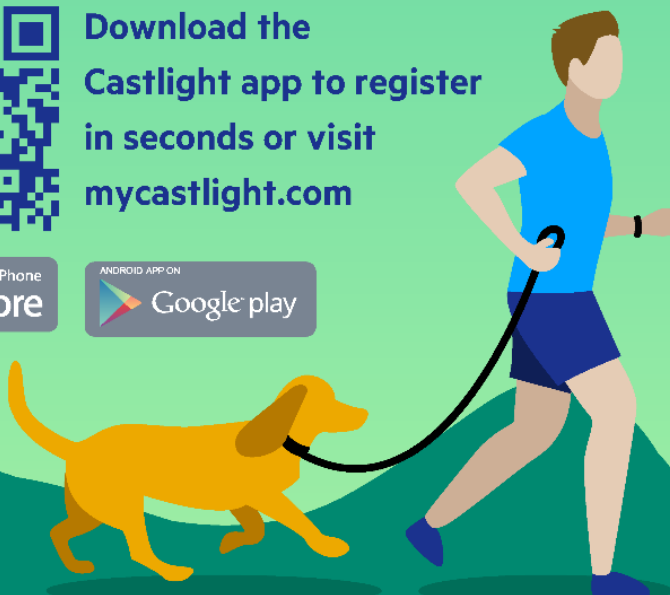
Embrace challenges and feel good while you're at it

### Build camaraderie

Connect with your teammates and have fun along the way



Download the  
Castlight app to register  
in seconds or visit  
[mycastlight.com](https://mycastlight.com)





# HEALTHY PARTNER SPOTLIGHT: SWORD

GENERAL DYNAMICS



## To get pain relief, focus on mind AND body

Did you know that when you're in pain, your brain controls where and how much it hurts? Your brain and body are inseparable, which is why an effective physical therapy program needs to focus on both body and mind.

Sword takes a complete approach — combining exercise to strengthen your body, and education and behavioral coaching to strengthen your mind.

### Get started today.

See more information on Sword by visiting the link shown below or by signing into your Castlight account.



[join.swordhealth.com/gd/register](https://join.swordhealth.com/gd/register)



## How it works



Your dedicated **physical therapist** designs an exercise program just for you.



Sword will ship you a **tablet + motion sensors** to guide you & provide real-time feedback.



Complete your exercise sessions **at home when it is convenient for you.**



Your physical therapist is there to support you virtually & is **available at any time.**





GENERAL DYNAMICS

## Take small steps for better health

**There's no question about it—regular activity really pays off, from lowering your blood sugar and cholesterol to reducing your risk of heart disease and stroke.**

Omada helps you build healthy habits that stick—like adding more movement into your day—one small change at a time.

### 3 Ways to Get Active Today:

#### 1 Ease into it

Exercise doesn't have to be hard to benefit you, and pushing too hard too fast can lead to injury. Start slowly and gradually: try a walk or yoga can be a great way to start.

#### 2 Listen to your body

Go slow, do what you can, and take breaks when you need. Consistent activity that you can build on slowly over time will help you see progress more than an intense activity that's harder to stick with.

#### 3 Bring a buddy

To get the support you need, involve the people you care about. Find a friend to walk with at lunch or someone you can text to hold you accountable for your daily goal. Create a support system to stay on track.



“

Omada goes above and beyond to make you feel like you can reach the stars. Every step I take I know my health will improve.”

—  
OMADA MEMBER,  
NEW YORK

**Join Omada to take the next small step to getting healthier.**



**Get Started Today**

[omadahealth.com/general-dynamics](https://omadahealth.com/general-dynamics)

Access these and all of NASSCO's Healthy Partners by scanning QR code





# KAISER PERMANENTE

## MONTHLY OUTREACH

When: Wednesday, March 15, 9:30 a.m. to 3:30 p.m.

Location: In front of NASSCO's Medical Department (near Gate 6)

**Visit your Onsite Kaiser Permanente Clinic Team for personalized care and assistance with your health needs, including:**

- **Scheduling your Annual Health Risk Assessment (physical)**
- **Scheduling COVID-19 vaccination appointments**
- **Free blood pressure checks**
- **Assistance with kp.org registration and questions**

NASSCO employees and their spouses, enrolled in a Kaiser Permanente healthcare plan, who complete their Annual Health Risk Assessment, will be eligible to receive a \$100 gift card.



**Smart & Final.**  
**PROUD SUPPORTER OF YOU!**

*Making Healthy Easy!*

Text **THRIVESCAL** to **28550**

to receive

**20% OFF**

**fresh fruits & vegetables every time you shop!**

**Discounted Fruit And Vegetable Text Messaging Program**

AS A KAISER PERMANENTE MEMBER, YOU CAN EAT HEALTHIER AND SAVE MONEY ON FRESH FRUITS AND VEGETABLES WITH A TEXT MESSAGING COUPON PROGRAM FROM SMART & FINAL.

USE A SMARTPHONE TO TEXT THRIVESCAL OR VIVABIEN TO 28550 AND YOU'LL GET A COUPON FOR 20% OFF FRESH FRUITS AND VEGETABLES AT ALL SMART & FINAL LOCATIONS.

ONCE YOU OPT IN TO GET TEXT MESSAGES FROM SMART & FINAL, YOU'LL GET A LINK TO A DIGITAL COUPON. SIMPLY SHOW THE COUPON ON YOUR PHONE DURING CHECKOUT FOR YOUR DISCOUNT!