



Benefits **BUZZ**

JULY / AUGUST 2023



Eat healthy!

Stay strong. Live long.

Eating healthy doesn't always end up as you planned.

With busy work and family schedules, it can be hard to find the time and energy to prepare healthy food.

Let us help you take the stress out of healthy eating and find the balance.

WELLNESS EVENTS

Options to keep you financially healthy

Healthy Living Events at NASSCO

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HEALTHY PARTNERS

Resources to eat, sleep and feel better

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WELLNESS CORNER

Summer is here! Helpful tips to take care of your skin

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STAY CONNECTED

Keep in touch with NASSCO's Benefits Team

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Join Our Healthy Living Events!

NASSCO and Kaiser Permanente are working together to offer a new series of on-site events to support, motivate and inspire you to create healthy habits to keep for a lifetime.

Meetings are open to **all employees** regardless of your healthcare plan.

Topics include:

August 29 - Ready, Set, Goal

Understand what a habit is and how to create new healthier ones

September 28 - Eat Well, Live Well

Learn how to make small changes, such as reducing sugar and increasing whole grains to improve your overall health

October 26 - Fitness Your Way!

Find out how "snack size exercise" can be woven into your daily routine to help you improve your sleep and physical well-being

More information will be provided on a future announcement.

SIGN UP!

**KAISER PERMANENTE BOOTH
NEAR GATE 6**

August 3, September 6 & October 5



TRY YOUR LUCK!

- Win a PRIZE!
- Find out what's going on in wellness this month
- Get answers to your Kaiser questions
- Get your annual physical examination started

Everybody WINS!



YOU'RE INVITED

Join one of the following events to learn how to reduce some of your financial stress and enjoy more financial freedom.

JULY 26

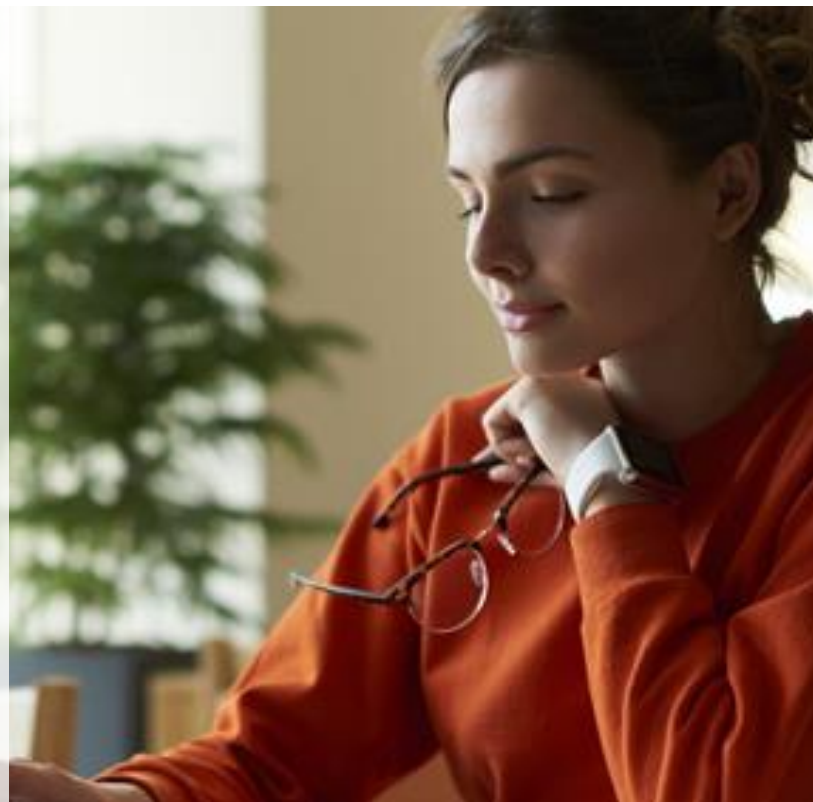
SHIPYARD: IN-PERSON CONSULTATIONS

Bldg. 15, First Floor, TR Conference Room

AUGUST 3

VIRTUAL: ONE-ON-ONE CONSULTATIONS

Details to be announced



HEALTH BEAT | July 2023

Eat Well. Sleep Well. Be Well.

Fuel your body and mind with quality sleep and balanced nutrition.



A healthy diet and sleep routine can improve your overall well-being.

1 Earn rewards for tracking healthy activities

- ① Making healthy choices pays off. Download the **Castlight mobile app** and earn points for tracking things like sleep, food, and steps. Redeem your points for **healthy rewards*** prizes or sweepstakes entries.

2 Say goodnight to muscle and joint pain

- ② Want to move freely and get a better night's sleep? The Academy from Sword Health* offers a library of on-demand resources to help you achieve relief from musculoskeletal pain.

3 Be proactive against diabetes

- ③ Don't wait until it's too late. Make healthy changes to your diet and exercise routine to lower your risk of type-2 diabetes and heart disease. **Omada's**** prevention program can help.

Did you know? A lack of sleep and poor nutrition can be a side effect of unhealthy stress levels. Resources from Resolve 365 can help. Call 877-588-3917 or visit myresolve365.com to get started.

Access Healthy Partner resources through Castlight. Scan the QR code to download the Castlight Mobile app.

**omada****Resolve365****Castlight****sword**

*Healthy Rewards, The Academy from Sword Health, and Resolve 365 are available to all employees and their dependents regardless of medical plan enrollment.

**If you or your dependent is eligible and enrolled in a General Dynamics medical plan, access Omada through Castlight.

Bridge the gap between healthy and tasty

Find healthy and tasty food with help from a personal health coach.

Food choices influence your energy, sleep, and even mood.

With Omada®, you have a program that lets you work one-on-one with your very own personal health coach to find food that fits your lifestyle so you can meet your health goals.



Try out these 4 tasty tips:

- 1 **Colorful Veggies**
Fill up half of your plate with non-starchy veggies in a variety of colors.
- 2 **Quality Protein**
Pick good quality protein that can be enjoyed hot or cold, like tuna.
- 3 **Healthy Fats**
Healthy fats—like avocados and nuts—help give your body everything it needs.
- 4 **A Bit of Fun**
Add a bit of fun—like blueberries or dark chocolate—to help you stay on track.

“

Omada is working for me because it is simple, doesn't require measuring or weighing food, there is a connection with a personal coach and there is a focus on changing your mindset.”

—
KELLY, OMADA MEMBER

Join Omada to get the personal help you need.



Claim My Benefit

omadahealth.com/general-dynamics

Omada for Prevention is available at no cost for employees and spouses enrolled in a General Dynamics medical plan who meet certain program and clinical eligibility criteria.

Images used are not real members. Testimonials are based on members' real experiences and individual results. We do not claim that these are typical results that members will achieve. Results may vary.

Have fun in the sun safely

Sun exposure is the leading cause of skin cancer – and it's also to blame for up to 90% of the visible signs of aging.* But you don't have to shun the sun completely. Just be smart about the time you spend outside on sunny days.

Block it out

Wear sunblock with SPF 30 or higher – every day, and on every body part that's not covered by your clothes. And remember: If you can see light through the shirt you're wearing, UV rays can get through, too.

Don't let the forecast fool you

You don't have to be at the beach to burn, and summer's not the only time when sun safety matters. Sun damage adds up day after day – even when it's cloudy – so make sun protection part of your everyday routine.

Check your shadow

Not sure if it's a good time to hang outside? Use the shadow rule. If your shadow is shorter than you are, it means the sun's harmful rays are at their strongest – and it's time to head for the shade.

Visit kp.org/sunscreen.



*Skin Cancer Foundation

Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232 • Kaiser Foundation Health Plan of Washington or Kaiser Foundation Health Plan of Washington Options, Inc., 601 Union St., Suite 3100, Seattle, WA 98101

STAY CONNECTED



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Monday – Friday

7:00 a.m. - 4:00 p.m.

Bldg. 15, First Floor, Room 105

GENERAL DYNAMICS BENEFITS

401(k), Pension, Medical, Dental, Life Insurance, FSA and other benefits:

gdbenefits.com
(888) 432-3633

Kaiser Permanente

Member Services: (800) 290-5000
Financial Services: (800) 390-3507
kp.org

Anthem BCBS

Member Services: (844) 274-9561
Prime Therapeutics: (855) 457-0004
Anthem.com

SIMNSA

U.S.: (629) 407-4082
Mexico: (664) 683-2902
SIMNSA.com

CONGRATULATIONS CASTLIGHT Q1 WINNERS!



***Alex Lieu**, Analyst/Programmer III, Apple Watch Series 7

***Nicole Saltzman**, Program Planner I, Yoga Anytime

***Jannell Gravador**, Prod Operations Analyst II, iPad 10.2 9th Wi-Fi 64GB

