

Benefits **BUZZ**



MAR 2023

Give your health a boost

Preventive care and immunizations
keep you going strong.



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beyond your healthcare
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UPCOMING EVENTS

Get a snapshot of related events
and promotions!

Important Reminder

\$100

GIFT CARD



CLAIM YOUR GIFT CARD*

1. Complete your Annual Physical / Health Risk Assessment
2. Obtain a Gift Card Voucher From Kaiser Onsite Team
3. Claim the Gift Card from NASSCO Medical Department
4. Repeat next year!

KAISER PERMANENTE ONSITE TEAM

(619) 641-4536 / nassco@kp.org
Wed 8 a.m. – 4 p.m. / Thurs 8 a.m. – 12 p.m.

NASSCO MEDICAL DEPARTMENT

(619) 544-8861

**Program available to employees and spouses enrolled in a Kaiser Permanente medical plan with NASSCO.*

HEALTH BEAT

Give your health a boost

Preventive care and immunizations keep you going strong.



An ounce of prevention is worth a pound of cure

We know finding time to put your health first can feel next to impossible. But preventive care — which is key to helping you stay healthy and uncover problems early on when they're easier to treat — can't wait.

In-network preventive care, including annual exams, screenings, immunizations and vaccinations, is covered at 100% under your NASSCO medical plan.

Schedule your yearly exams

1

Get your annual medical, dental and vision visits on the calendar. Will you hit a big birthday milestone this year? If so, you may have new age-based screenings to consider, such as colonoscopies and mammograms. Your primary care doctor can recommend screenings, immunizations and vaccinations for you based on your age and family history.

Check-in on your numbers

2

Want a quick and easy way to get a clear picture of your overall health? A biometric screening* helps you understand and track key health factors such as weight, blood pressure, cholesterol and BMI.

Prioritize self-care for a healthy mind

3

It's OK to not be OK. NASSCO has resources that can help.

- Counselors at **Resolve 365** can help you tackle stress, anxiety, depression and more.
- **eM Life** can help you build skills to manage stress, improve focus and enhance your well-being.

Access Healthy Partners on Castlight**

4

- Go to <http://mycastlight.com/generaldynamics>
- Download the Castlight Mobile app by texting **APP to 35925** or scan the QR code



*Screenings are voluntary. Your results are confidential. All information from your biometric screening is Protected Health Information and is secured according to the Health Insurance Portability and Accountability Act (HIPAA). General Dynamics will not have access to individual results.

**Access to Resolve365 and eM Life is open to all employees regardless of medical enrollment. Go to mycastlight.com/generaldynamics or text APP to 35925 to download the Castlight Mobile app.

Your 2023 Healthy Partners are here for you

FREE resources to make this year your healthiest year yet!



Help managing your health conditions

Sword Health* – Receive virtual physical therapy to help you prevent or manage chronic pain from the comfort of your own home. Available to employees enrolled in a NASSCO 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 NASSCO medical plan and their eligible spouses. Access through Castlight or go to omadahealth.com/general-dynamics.

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 NASSCO medical plan and their eligible spouses. Access through Castlight.



Support for your emotional well-being

Resolve 365 — 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 NASSCO medical plan. Visit myresolve365.com or call 877-254-4582.

eM Life — Attend live and on-demand virtual mindfulness sessions to manage stress and anxiety, improve focus and enhance overall well-being. Available to all employees and their dependents, regardless of enrollment in a NASSCO medical plan. Access through Resolve 365.

Talkspace – Text, call or video chat with a dedicated, licensed provider for one-on-one counseling and therapy five days a week. Live telehealth visits are also available. Available to all employees and their dependents, regardless of enrollment in a NASSCO medical plan. Access through Resolve 365.



Support for your 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 NASSCO medical plan. Access through gdbenefits.com or call (866) 973-5023.

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

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

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



Scan to download the Castlight Mobile app



*The Sword Digital Therapy Program is available to U.S. employees, excluding expatriates, enrolled in a NASSCO Kaiser or Anthem BCBS 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 NASSCO medical plan, have access to The Academy, Sword's video-based program to help prevent injuries and support recovery.



Healthy eating leads to better living

When you eat better, you feel better. But that's just the beginning. Introducing healthy eating habits now can also help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, now is the best time to get started.

Feel good and live well

Healthy eating can help you feel your best, give you energy to tackle the day, and even help you manage stress better.

Stay ahead of health problems

Research shows that eating five servings of [fresh fruit and vegetables](#) a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer and more.

Help avoid more serious issues

More than two-thirds of U.S. adults (and nearly one-third of children) are overweight or obese. These physical conditions can pose a major risk if further health complications arise.

Ready to learn more about healthy eating? Scan the QR code below or visit kp.org/nutrition.



UPCOMING EVENTS

BENEFITS TEAM
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**General Dynamics
Benefits**
401(k), Pension, Medical,
Dental, Life Insurance, FSA,
and other benefits
www.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.: (619) 407-4082
México: (664) 683-2902
simnsa.com

**SEMI
ANNUAL
SALE**

DELL Technologies

TWICE A YEAR. TECH EXCLUSIVES.

There's still time to save on performance tech for all you love to do. Sale begins 3/9.
www.dell.com/mpp/generaladynamics



Alienware x17 R2 Gaming Laptop

Mkt. value \$4,540.99 | Save \$1,350

\$3,199⁹⁹

12th Gen Intel® Core™ i9-12900HK, Windows 11 Home,
NVIDIA® GeForce RTX™ 3080 Ti, 64GB memory*,
2TB SSD*, 17.3" display Full HD (1920x1080) 480Hz



SALE
ENDS
3/23

Inspiron 14 Laptop

Mkt. value \$949.99 | Save \$300

\$649⁹⁹

12th Gen Intel® Core™ i7 Processor, Windows 11 Home,
16GB memory*, 512GB SSD*



SALE
ENDS
4/6

XPS 15 Laptop

Mkt. value \$1,899 | Save \$400

\$1,499

12th Gen Intel® Core™ i7 Processor,
Windows 11 Home, 16GB memory*, 512GB SSD*,
NVIDIA® GeForce RTX™ 3050

Playtime, anytime.

Offers valid 3/9/2023-4/7/2023 AT 6:59AM ET unless otherwise noted. Limited quantities available at these prices.
*Offers subject to change, not combinable with all other offers. Taxes, shipping, and other fees apply. Free shipping offer valid in Continental U.S. (excludes Alaska and P.O. Box addresses). Offer not valid for Resellers. Dell reserves the right to cancel orders arising from pricing or other errors. Price Match Guarantee: If you find a lower price advertised on the internet for an identical electronic product or an equivalent Dell, HP, Apple or Lenovo computer (as determined by Dell), Dell will match that price. Call or Chat online with a Dell Expert and we'll walk you through the process. Learn more at dell.com/pricematch. Hard Drive capacity varies with preloaded material and will be less. System memory may be used to support graphics, depending on system memory size and other factors. Copyright © 2023 Dell Inc. or its subsidiaries. All Rights Reserved. Dell Technologies, Dell, EMC, Dell EMC and other trademarks are trademarks of Dell Inc. or its subsidiaries. Other trademarks may be trademarks of their respective owners. 661066



HealthyRewards

GENERAL DYNAMICS

Step into Spring

ACTIVITY CHALLENGE

COMING APRIL 3 - 30

Register starting March 27 on the Castlight Mobile app.



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

APR. 19 MISSION VALLEY – IN-PERSON CONSULTATIONS

Mission Valley 2 Offices – location & registration link to be announced.

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.