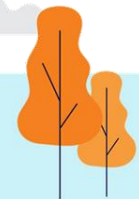


# Benefits **BUZZ**



DEC 2022/JAN 2023

# 2023

HAPPY NEW YEAR

## Getting Ready for the New Year

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PAGES 2-3

### HEALTHY PARTNERS

Resources and information beyond your healthcare provider.

PAGE 4

### WELLNESS CORNER

Helpful information to live a healthy life.

PAGE 5

### UPCOMING EVENTS

Get a snapshot of events and activities for 2023!

## Important Reminders

### 401(K) CONTRIBUTION LIMITS FOR 2023

The Internal Revenue Service (IRS) increased the amount individuals can contribute to their 401(k) plans, from \$20,500 for 2022 to \$22,500 in 2023. To review and update your current 401(k) contributions, visit [www.gdbenefits.com](http://www.gdbenefits.com). More information can be found on the IRS website: <https://www.irs.gov/newsroom/401k-limit-increases-to-22500-for-2023-ira-limit-rises-to-6500>

### REMINDER TO COMPLETE EVIDENCE OF INSURABILITY

If you enrolled or increased your coverage for supplemental life insurance during Annual Enrollment, you may need to complete an Evidence of Insurability (EOI) survey in order to qualify for the benefit.

Log on to your account on [gdbenefits.com](http://gdbenefits.com) and click on the "Health & Insurance" tile. If you need to complete an EOI, a reminder will be posted at the top of the page. You may need to disable any pop-up blockers on your browser in order to complete the EOI.

# Potatoes, pastries and pie, oh my!

Sugary temptations can present themselves at any moment, General Dynamics can help you manage your numbers.



## Sugar and spice aren't always nice

It can be hard to resist the temptation to over indulge in sweet treats. If you have diabetes, consuming too much sugar can put you at risk for serious health issues. General Dynamics' Healthy Partners have programs to support employees who have diabetes or are at risk of developing diabetes. They also provide resources to help you maintain a healthy weight and exercise routine all year long.

### Ways we support you:

#### 1 Pathways to prevention

Did you know that type 2 diabetes is usually preventable? Eating a balanced diet, being active, and maintaining a healthy weight can prevent or delay the onset of type 2 diabetes. **Omada\*** has resources that can help you reduce your risk of developing diabetes and other chronic health conditions. Omada can be found on the Castlight App.

#### 2 Extra support to keep you on track

Living with diabetes can be difficult, but you don't have to go it alone. **Resolve 365** has on-demand resources to help you practice mindfulness and manage stress. Reach out to Resolve 365 representatives by calling (877) 254-4582.

*\*If you or your eligible dependent is enrolled in a General Dynamics medical plan, access Omada through Castlight. Go to [mycastlight.com/generaldynamics](http://mycastlight.com/generaldynamics) or text **APP** to **35925** to get a link to download the Castlight Mobile app. Message and data rates may apply.*

### Are you at risk?

The following factors increase your risk of developing type 2 diabetes:

- Age 45 or older
- A family history of type 2 diabetes
- Being overweight
- Being physically active less than three times a week

**Omada** has programs that can help.

Visit [omadahealth.com/generaldynamics](http://omadahealth.com/generaldynamics) to see if you qualify.

### Keep Moving

Regular exercise is important, especially for those managing diabetes. Don't let musculoskeletal (MSK) pain slow you down. **Sword Health** pairs technology with licensed physical therapists to bring you a customized program for MSK pain relief, so you can keep moving! See Page 3 for more information.



CONGRATULATIONS  
ANTHEM ANNUAL  
ENROLLMENT RAFFLE  
WINNERS!

Gustavo Nunez, Maintenance Machinist  
Christopher Yako, Facilities Engineer





# Sword Health

Your New Healthy Partner!



*Sword Health  
is a new  
Healthy Partner  
available  
through the  
Castlight App.*

*Sword Health is  
free to  
NASSCO  
employees!*

## What is Sword?

Sword is a virtual physical therapy program to treat back, joint and muscle pain, offered to you **at no additional cost** as part of your General Dynamics medical benefits.

Sword pairs you with a physical therapist for at-home treatment clinically proven to be 30% more effective than traditional physical therapy.\*  
Sword's easy-to-use technology can reduce your pain by up to 70%.

## How Sword works

1. Your dedicated physical therapist designs an exercise program just for you.
2. Sword will ship you a tablet and motion sensors to guide you and provide real-time feedback during your exercises.
3. Complete your exercise sessions wherever and whenever it is convenient for you.
4. Your physical therapist is there to support you virtually and is available to chat at any time.

Click [here](#) to watch a video and learn more.

Access Sword through Castlight. Go to [mycastlight.com/generaldynamics](http://mycastlight.com/generaldynamics) 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, that are enrolled in a Kaiser or Anthem BCBS General Dynamics 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 General Dynamics medical plan, have access to The Academy, Sword's video-based program to help prevent injuries and support recovery. Download the Sword app to learn about pain science, tips for greater mobility, flexibility, and more.*



## Finding your way back to fitness

We all know about the benefits of exercise for maintaining a healthy lifestyle. However, our lives get busy and exercising is sometimes easier said than done. To get back on track, follow these simple tricks to stay active.

### Choose the plan you'll stick to

At the end of the day, your fitness goals need to be realistic and sustainable. This may require some trial and error. Start with small goals then work towards longer-term daily exercise habits. Whatever your fitness plan, it needs to be the one that you feel you can commit to. Just believing you can do it, is half the battle and the first important step.

### Incorporate resistance training

Building strength doesn't have to mean lifting weights or hitting the gym. There are plenty of resistance exercises that use the weight of your own body or portable fitness bands.

Muscle mass naturally declines as we age, so resistance training and

building muscle helps counteract those effects by increasing your metabolism, preventing injuries and improving your overall energy and mood. So, in addition to the cardio, be sure to build strength as well.

### Keep it convenient

Research shows that to make a behavior change stick, it needs to be as easy as possible. When it comes to fitness, it may mean setting out your workout gear before going to sleep. It could also mean stashing your athletic shoes, or whatever else you need to get moving, in your car. For some, maybe that includes multi-tasking – treadmill standup desk anyone? Keep fitness gear within reach and convenient so you never have an excuse to stay put.

For more information, visit [kp.org/fitness](http://kp.org/fitness)



# UPCOMING



Image by mego-studio on Freepik

## FIDELITY FINANCIAL WELLNESS WEBINARS

### JAN. 18 Building Your Financial Foundation: Retirement Basics

9:00 - 9:30 a.m. or 1:00 - 1:30 p.m.

Learn about the power of saving and the different types of accounts you can take advantage of to save for your future, including your workplace savings plan.



Register using your [gdbenefits.com](http://gdbenefits.com) username and password. [Click here to register.](#)

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

### JAN. 20 MISSION VALLEY – CONSULTATIONS

Mission Valley 1 Offices – location & registration link to be announced.

### JAN. 26 INFO/SIGN-UP BOOTH FOR FEB. 15 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 Feb. 15.

### FEB. 15 SHIPYARD – CONSULTATIONS

Bldg. 15, First Floor, TR Conference Room – consultations for employees who signed up at the booth on Jan. 26.

### BENEFITS TEAM

[benefits@nassco.com](mailto:benefits@nassco.com)  
(619) 544-8518

#### Xenon Alidag

[Xalidag@nassco.com](mailto:Xalidag@nassco.com)  
(619) 544-8412

#### Samantha Huerta

[Shuerta@nassco.com](mailto:Shuerta@nassco.com)  
(619) 544-8488

### General Dynamics Benefits

401(k), Pension, Medical, Dental, Life Insurance, FSA, and other benefits  
[www.gdbenefits.com](http://www.gdbenefits.com)  
(888) 432-3633

### Kaiser Permanente

Member Services: (800) 290-5000  
Financial Services: (800) 390-3507  
[kp.org](http://kp.org)

### Anthem BCBS

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

### SIMNSA

U.S.: (619) 407-4082  
México: (664) 683-2902  
[SIMNSA.com](http://SIMNSA.com)



# CONGRATULATIONS CASTLIGHT WINNERS!

## Q3 Winners

Jeremiah Ayers, Shipfitter 5  
*Visa Gift Card*

Sharlyn Browne, Program Planner II  
*Water Activity for Two*

Martin Contreras, Staff Payroll Practitioner  
*Home Depot Gift Card*

Rachel Fanchin, Industrial Engineer II  
*Amazon Gift Card*

Stephen Otero, Asst. Manager Supply Chain  
*Visa Gift Card*

## Q4 Winners

Kevin McCollough, Sr Mgr Security & Safety  
*Cooking Class*

Martha Morales, Senior Payroll Practitioner  
*Amazon Gift Card*

## Elevate Your Wellbeing Challenge

Jose Solano, Quality Advocate  
*Visa Gift Card*

<https://www.mycastlight.com/generaldynamics>