

2025 BENEFIT RESOURCES

General Dynamics Service Center

[888-432-3633](tel:888-432-3633) | gdbenefits.com

M-F, 8:30 a.m.-midnight EST

People Central

<https://gulfstream.service-now.com>

Medical

Anthem BCBS	844-274-9561 anthem.com	Find a medical network provider View claims or inquire about claim status Precertification and care management Health reimbursement account administrator
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Prescription

Express Scripts	877-799-5783 express-scripts.com	Prescription information and pricing Find a pharmacy network provider Mail order and specialty prescriptions
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Dental

Delta Dental	800-335-8289 deltadentalva.com	Find a dental network provider View claims or inquire about claim status
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Vision

Vision Service Plan (VSP)	800-877-7195 gd.vspforme.com	Find a vision network provider View claims information
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Short term disability

Sedgwick	800-416-1808 claimlookup.com	Short-term disability, Paid family leave and Family medical leave administrator
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Employee Assistance Program (EAP)

SupportLinc	888-505-3745 mygdsupport.com	Support for work/life balance Up to eight clinical visits per year, per condition, free to all employees and their dependents
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Flexible spending accounts (FSA)

HealthEquity	877-924-3967 healthequity.com	Healthcare and dependent care FSA administration Commuter benefits
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Health savings account (HSA)

Fidelity Investments	888-432-3633 gdbenefits.com	Manage HSA (change contributions, make investments, view/make reimbursements)
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401(k)

Fidelity Investments	888-432-3633 gdbenefits.com	Choose or change 401(k) contributions Manage investments
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Health coaching

Anthem BCBS health coaches	gachealthcoaches@anthem.com	Healthy lifestyle and health condition management support Health education
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Healthy Rewards Incentive program

Castlight	844-432-0032 mycastlight.com/general-dynamics	Healthy Rewards Link to all benefits resources
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Healthy Partners (included in your Gulfstream medical plan)

Included Health	855-408-1626 support@includedhealth.com	Get a second opinion on a new diagnosis or treatment plan from leading medical experts
Hello Heart	Available thru the Castlight app	Mobile platform to track your blood pressure and help decrease heart risk
Sword Health	Available thru the Castlight app	Digital physical therapy for prevention and treatment of musculoskeletal issues
Omada Health	Available thru the Castlight app	Get help losing weight and reducing your risk of type 2 diabetes and heart disease
Wellthy	join.wellthy.com/gulfstream	Dedicated care coordinator to help guide you through a care plan for a loved one (or yourself)

Voluntary benefits

ID Watchdog	Enroll thru gdbenefits.com	Identity theft protection
MetLife Legal Plan	800-821-6400 legalplans.com	Digital estate planning, home loan and refinancing support, personal bankruptcy and debt collection
MetLife	800-438-6388 metlife.com/mybenefits	Accident, critical illness, hospital indemnity insurance, and veterinary pet insurance
Farmers	800-438-6381 myautohome.farmers.com	Home and auto insurance
Travelers	888-695-4640 travelers.com/gendyn	Home and auto insurance

Other

HMS (VerifyOS)	877-321-0791	Dependent verification program administrator
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