

Your 2024 Healthy Partners are here to help



Steer your health in the right direction



Make the most of my medical carrier

Anthem – Access a variety of resources, such as wellness programs, telehealth services, family support programs and more. Use Anthem’s web-based tools for finding providers and cost information. Available to employees enrolled in an Anthem medical plan and their covered dependents. For additional information and general questions, call **844-274-9561** or visit **[anthem.com](https://www.anthem.com)**.

Anthem Virtual Primary Care – Take advantage of this resource for virtual primary care, help with referrals and prescription refills, or 24/7 on-demand urgent care support. Download the Sydney Health app or visit **[anthem.com](https://www.anthem.com)**.



Manage my health condition

Sword Health* – Receive digital physical therapy to help you prevent or manage chronic pain from the comfort of home. Available to employees enrolled in a Gulfstream medical plan, their eligible spouses and dependents age 13 and older. 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 Gulfstream medical plan and their eligible spouses. Access through Castlight.

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



Navigate my treatment options

Included Health – Get an expert medical opinion from a physician who will verify your medical or behavioral health diagnosis and help you understand your treatment options. Available to employees enrolled in a Gulfstream medical plan and their eligible dependents. Access through Castlight.

Health Coaches – Connect with a coach when you have a health-related issue or question. You can call to talk with a coach or make an appointment to meet face-to-face or virtually. Contact our on-site coaches for either an on-site appointment (if you are based in Savannah, Dallas/Ft. Worth, or Appleton) or a virtual appointment (all other domestic locations) by emailing gachealthcoaches@anthem.com.



Support my emotional and family well-being

SupportLinc – Connect to free, confidential support through your Employee Assistance Program (EAP) for emotional well-being and work-life resources – 24/7. Available to all employees and their eligible dependents, regardless of enrollment in a Gulfstream medical plan. Visit mygdsupport.com or call **888-505-3745**.

Wellthy – Get family care support for issues such as childcare or supporting an aging parent with complex needs through a dedicated Wellthy Care Coordinator. Available to all employees and their dependents, regardless of enrollment in a Gulfstream medical plan. Access through Castlight.

Anthem WINFertility and Healthy Pregnancy, Healthy Babies program – Get support for growing your family. Visit anthem.com.



Support my 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. Access through gdbenefits.com or call **866-973-5023**.

When you engage with the Healthy Partners, you'll not only feel better, but you'll have the opportunity to earn points that you can redeem for prizes and sweepstakes entries throughout the year.**

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

All employees (and spouses covered by a Gulfstream 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 an eligible Gulfstream 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 Gulfstream medical plan, have access to The Academy, Sword's video-based program to help prevent injuries and support recovery.

** Rewards in Castlight are based on your employee status (employee vs. spouse) and medical plan enrollment. Points must be redeemed by December 1 of the calendar year.