

SPRING 2022

SUB SCRIPTIONS

GENERAL DYNAMICS
Electric Boat

SMALL STEPS TO BETTER HEALTH

**Switch your
prescriptions to
the EB Family
Pharmacy and save!**

*Read more on
page 13.*

**WHAT IS CONDITION
MANAGEMENT?**

**GET SUPPORT FOR YOUR
PRECIOUS DELIVERY**

**FEELING THE EFFECTS
OF BURNOUT?**

Electric Boat FAMILY PHARMACY WELCOMES NEW PHARMACIST



Electric Boat Family Pharmacy is excited to welcome our newest pharmacist, Casey Hall! Casey will be managing the Dimensions diabetes programs for all eligible employees, spouses, and dependents.

Casey graduated from the College of Pharmacy at the University of Rhode Island and joined Electric Boat Family Pharmacy in December 2021. Prior to this she worked at an independent pharmacy where she developed a packaging program to help patients stay on track with their medications. Casey is a member of the medical staff at Camp Surefire, an annual summer camp for children with diabetes. She is currently working to become a Certified Diabetes Care and Education Specialist to better help Dimensions patients reach their goals. Casey lives in Ashaway, RI with her fiancé and their two dogs.

Dimensions is a free diabetes management program for EB employees and dependents on an EB UnitedHealthcare medical plan. Dimensions helps those with pre-diabetes or diabetes obtain free medications, supplies and monitors to help with blood sugar control. In addition, lifestyle counseling and referrals (as needed) are included in the program.

*To sign up, call the EB Family Pharmacy:
Groton 888-578-3457 or Quonset 800-891-4235.*

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WHAT IS CONDITION MANAGEMENT?

By Mel Cowen RN, BSN, MPH, CDCES, CHWC, LMC

The Condition Management Program at the EB Family Wellness Center offers a two-pronged approach to health and wellness. Mel Cowen is the Condition Management Registered Nurse running this program. She believes that in order to make healthy lifestyle changes, you need to arm yourself with information. Whether you have diabetes, high blood pressure, gout, want to lose some weight, or simply feel better in your own skin, Mel will provide education customized to you.

The second piece to what Mel offers is wellness coaching. Not everyone approaches a healthier lifestyle in the same exact way. Mel helps each individual decide how to take what they're learning and then put it into practice in a way that's meaningful and makes sense to them.

Some examples of conditions she helps with most often:

- Diabetes
- Hypertension
- High cholesterol
- Weight loss
- Tobacco cessation
- Asthma

Mel has worked with a variety of people. Here's what some had to say:

"Every time I talk to you I feel so much better. You ask just the right questions to help get me thinking and moving in the right direction."

"You have given me such good information that I can understand. I feel like I have a good plan moving forward."

"I feel like this time is different because I'm getting in a healthy amount of the right nutrients. Before when I would diet and try to add in exercise, I would feel awful. This time has been much easier, and I feel like I have the energy to exercise that I never had before."

ABOUT MEL:

Mel Cowen has been a registered nurse for over 30 years. She started her career working in a small community hospital on a medical/surgical/ oncology floor. She realized that her strengths were in teaching and educating people in a proactive approach on how to get and stay well instead of being reactive and treating an already existing disease or illness. Her passion for teaching led to her pursue a Master's in Public Health (MPH) with a focus on public health education.

Mel put her degree into practice by working on a research grant for asthma in inner city youth. She assisted in the development and promotion of an asthma program geared toward helping primary care providers improve their diagnosis and treatment of childhood asthma. In 2009, she wrote and published a paper in the Journal of Asthma on the work that was involved with this grant.

Before coming to the EB Family Wellness Center, Mel managed nursing education programs in a hospital setting with her most recent experience being in an outpatient diabetes program. She enjoys promoting health and wellness in an easy-to-follow approach.



You must be 18 years of age or older and covered under the EB medical plan to be eligible for Mel's services. Condition Management services are no cost to you. Please call the EB Family Wellness Center and ask about condition management services, 860-629-8272.

The EB Family Wellness Center is located above the EB Family Pharmacy at 32 Chicago Avenue in Groton, CT. Services offered include primary care, acute/urgent care, immunizations, physical therapy, allergy shot administration and so much more. Visit www.EBFamilyWellnessCenter.com for more information.

GET SUPPORT FOR YOUR PRECIOUS DELIVERY THROUGH YOUR EB UNITEDHEALTHCARE (UHC) MEDICAL PLAN.

Whether you're thinking about having a baby or have one on the way, maternity support is here to provide information and resources — from planning for a pregnancy to postpartum.

Maternity support is designed for all mothers, no matter what the pregnancy journey looks like.

Start by taking a maternity support assessment. Visit myuhc.com/maternity to complete the assessment, watch videos and learn more about maternity support. The survey only takes minutes to complete. Based on your responses, a maternity nurse may reach out to you and connect you with the care you need, answer your questions and support you every step of the way. A maternity nurse is trained to:

- Share information designed to help you care for your and your baby's health.
- Help you choose a doctor or nurse midwife.
- Support your physical, mental and emotion health- before and after birth.
- Help you find a pediatrician or other specialist.



YOU'LL ALSO GET 24/7 ACCESS TO SEVEN ONLINE MATERNITY COURSES:

1. Preconception: Preparing for a healthy pregnancy
2. Pregnancy in the first trimester
3. Pregnancy in the second trimester
4. Pregnancy in the third trimester
5. The fourth trimester after pregnancy: Postpartum
6. Pregnancy nutrition and exercise
7. Exploring breastfeeding

MATERNITY SUPPORT



Our on-site UHC representative Alicia Kelly is also available to answer any questions you may have around medical care costs during your pregnancy, how to acquire a breast pump, and more. She can be reached at 763-361-3190, Monday through Friday 8:00 AM to 4:30 PM in the Charter Oak building at 32 Chicago Avenue in Groton.

HOW TO HELP SOMEONE WHO IS ADDICTED

It can be challenging to love someone who has an addiction—painful to observe their loss of control and accruing harm, painful to experience the “disappearance” of the person you care about, and painful to withstand the many deceptions that usually accompany addiction. Still, it is possible to help someone get out of the trap of addiction, although that usually takes time, many tries, many disappointments, and a clear understanding of how addiction works and, especially, how it robs substance users of the ability to control their use even when they want to do so.



IS THERE A GOOD WAY TO CONVEY ADDICTION CONCERNS TO A FAMILY MEMBER OR FRIEND?

It is difficult for those addicted to see beyond the craving and momentary pleasures, to envision functioning without their drug, yet important for their future to have a powerful positive incentive to do so. Lectures and confrontational techniques are usually ineffective and often damage relationships that could be levers of change. What's needed is an approach that is more collaborative than confrontational—reaching toward a goal everyone can be happy with.

Having a calm, respectful conversation about concerns—while setting boundaries about substance use, such as no alcohol or drugs are allowed in the house, not being allowed in the house when intoxicated—demonstrates caring. And such discussions could borrow the insights of motivational interviewing, a conversational technique that counselors use to help a person find and bolster their internal motivation to give up drug use and act on their deepest values and dreams for themselves. Easily adapted for everyday use, it's an approach that respects a person's struggles while inspiring them to make a change.

HOW DO I ENCOURAGE A LOVED ONE TO SEEK HELP FOR AN ADDICTION PROBLEM?

Experts agree that two of the most important tools for helping a loved one with an addiction problem are compassion and understanding. Compassion acknowledges a person's pain and conveys caring and love; it reduces the person's shame, which removes a major obstacle to seeking help.

Armed with compassion, it is possible to hold a calm, respectful conversation with your loved one about your concerns. The same conversation can awaken or fortify the motivation for change by asking your loved one about his or her deepest values and dreams for life. It will likely take many more than one conversation. But that doesn't mean the message is lost.

Another important tool is education about treatment possibilities. There are many routes to recovery, many types of treatment programs in many types of settings, and a discussion of recovery options can help your loved one find a pathway that is most in keeping with personal needs and goals.

WHAT DO I NEED TO KNOW ABOUT ADDICTION TREATMENT?

Informing yourself about the array of treatment possibilities can be extremely useful in helping a loved one decide on an appropriate course of action when the desire for change arises or the need for help in putting a life back together is acknowledged. Residential, inpatient treatment programs—what's known as “rehab”—are in the news when a celebrity has an addiction problem, but they are by no means the only form of treatment.

People embark on the road to recovery from addiction every day. Only a small proportion of people—from 5 to 10 percent—do it with the help of any type of clinical service or facility. Many people choose to free themselves of addiction through the support of peers, in self-help or mutual support groups. Many people choose to do it on their own. Just as there is no one pathway into addiction, there is no one pathway out of it.



DO I HAVE TO LET SOMEONE “HIT BOTTOM”?

It is a myth that the desperation of hitting rock bottom is the only way to get people to accept the need for change—or believe that they can. Too often, rock bottom is a point at which irreversible damage has occurred—careers, livelihoods, relationships derailed. The problem is that the myth of rock bottom sees people as hopeless, and seeing people as hopeless makes them feel hopeless about themselves. Addiction is not easy to overcome, but the first step on the road to recovery is awareness that it is a possibility.

If you or someone you know is struggling with an addiction, there are free resources to help them, or yourself, through the Optum Employee Assistance Program. When you call Optum, you will reach a masters-level, certified, licensed counselor who can help find the right treatment option. Each employee, and members of their household, get eight free counseling sessions per person, per issue, per year. Call 866-743-6551. The EB Family Wellness Center also has EAP counselors available and can be reached at 860-629-8272.

If you have any questions about this benefit, please reach out to the Electric Boat Benefits office at 860-433-4201.

SMALL STEPS TO BETTER HEALTH



By Jennifer Fine, MS, RD

Most of us know that eating nutrient dense foods has many benefits to our health. Eating well helps us feel better and function better in the present and sets us up for good health as we age. Following healthy eating recommendations can help lower our chances against serious illnesses like heart disease, hypertension, type 2 diabetes, obesity, and some cancers.

Current dietary guidelines recommend a healthy eating pattern consisting of plenty of vegetables and fruits, more whole grains instead of processed grains, protein from beans, nuts, fish, eggs, low fat dairy, lean poultry and meats, and healthy oils such as olive oil. It focuses on more whole, less processed foods and limits highly processed foods containing a lot of sugar, salt, and unhealthy fats. There is no one right diet; many patterns and styles can meet these guidelines.

It's not always easy to change our eating habits! For example, despite knowing the benefits of eating fruits and vegetables, only 1 in 10 American adults eat the recommended amounts of vegetables and only 1 in 7 eat enough fruit.

Here's a simple and colorful salad recipe to add some vegetables and fruits to your spring meals:

COLESLAW WITH PINEAPPLE

While there may be obstacles to healthy eating, they can likely be overcome. Let's look at some ways employees at Electric Boat are putting dietary guidelines into practice.

Joe in Quonset Point, RI has been working to "balance his plate" which means having more fruits and vegetables with his meals. He and his wife aim to have "something green" with every dinner. He now brings fruit to work each day. To share his new found snacking habits, he invited one of the wellness coaches to offer a quick lesson on healthy snacking to his whole crew. The benefits most important to him are his desire to live longer and reduce his risk of diabetes which runs in his family.

Linda in Groton, CT has been working to increase the nutrient density in her diet to make every bite count. Focusing on whole grain options for bread and pasta and choosing a healthier peanut butter have been some of the changes she is most proud of. She is now working on choosing healthier snacks that include a fruit or a vegetable and a protein source. Eating more mindfully, feeling better and being a good role model for her children are the results that please her the most.

Mike in Quonset Point, RI has been working toward adding plant-based meals that focus on more vegetables, beans and whole grains and less meat. Reducing sugar has meant eating less candy; he now enjoys the natural sweetness of fruit. Regular exercise is one of his priorities, he loves walking outside on the bike path in almost any weather. He is rewarded by fitting into pants that had been too tight and keeping his blood sugars in the healthy range to stave off diabetes. So far, his healthy lifestyle has been doing the trick.

These examples show how eating smart can be delicious, convenient, and affordable. Now it's your turn! Step up to the plate and make small changes one step at a time to improve your diet and your health. Consider working with your on-site wellness coach to build motivation, build healthy habits, design a strategy to meet your unique situation, get tips, ideas and resources, and ongoing support to reach your goals.

Health coaching is a free and confidential benefit offered to all EB employees and spouses. Contact your coach today:

Groton/New London
AnnMarie Bartelli
 (860) -822-3160
 AnnMarie.Bartelli-Pagan@plusone.com

Quonset Point
Jennifer Fine
 (401) 465-1097
 jennifer.fine@plusone.com

¼ cup light mayonnaise
 ¼ cup light sour cream
 1 Tbsp sugar
 1/8 tsp. salt
 1 (8 oz.) can crushed pineapple in juice, drained
 4 cups bagged cabbage and coleslaw mix (about 8 oz)
 1/3 cup (2-inch) pieces red bell pepper

Combine first 5 ingredients in a large bowl, stirring with a whisk until blended. Add coleslaw mix and red pepper to the bowl, tossing gently to coat. Cover and chill. Makes 6 servings (about 2/3 cup each).

Recipe from Cooking Light Superfast Dinners.



FEELING THE EFFECT OF BURNOUT?



By Molly Kunka, LCSW at the EB Family Wellness Center

As of January 2022, the World Health Organization (WHO) reclassified burnout as a syndrome resulting from chronic workplace stress that has not been successfully managed. So how do you know if you are suffering from burnout? There are three main symptoms of burnout:

1. Exhaustion. The state of being drained, emptied, or used up.
2. Increased mental distance from one's job, family and/or home life.
3. Cynicism. Believing that people are motivated purely by self-interest; distrustful of human sincerity or integrity.

LET'S TAKE A LOOK AT AN EXAMPLE OF WHAT BURNOUT CAN LOOK LIKE:

John goes to bed every night around 10 p.m. only to toss and turn until he gets up at 6 a.m. He tries to motivate himself to get dressed and go to work but finds he's often agitated with no energy or ability to focus.

Just this morning, John's wife asked him to run an errand after work. He was short with her and said he doesn't have the time or energy to do it today, then he stormed out in an angry mood.

Once at work, he doesn't say good morning to any of his co-workers and heads straight to his cubicle where he opens his computer to start his day. He feels a headache brewing but starts answering emails anyway and begins working on his core projects. Later in the morning, he is called into a meeting where he's told his work is behind schedule.

John is so frustrated that he loses interest in his work and decides to eat lunch alone. Shortly thereafter, he leaves work early because he's not getting much work done and he's behind schedule anyway.

On the way home, John doesn't do the errand his wife asked but goes to the store to buy beer. He eats his dinner by himself in the living room while his wife and children eat in the kitchen. He continues to have negative thoughts throughout dinner and when a thought is interrupted by one of his kids asking to sit with him, he tells them they are making too much noise. He just wants to make it through his day until he can go to bed – where he will toss and turn until he gets up to start the next day, just like today.

If you can relate to John, you might be experiencing burnout or depression. Both have overlapping symptoms that can make it difficult to tell them apart. Burnout often improves when the source of stress is removed. But it's important to note that burnout doesn't go away with just one day of rest

Incorporating lifestyles changes, along with the help of your doctor and/or a behavioral health expert, can start you on the road to feeling better, both at work and at home.

1. Acknowledge the burnout. This will help you regain balance and force some perspective. This will give you a reason to make needed changes.

2. Back to basics. Fuel your brain with well-balanced foods. Try to cut back on take out and processed foods. Bring joyful movement back into your life, walking, bike riding, stretching, anything that feels good to you.

3. Find private time for yourself: time where you can relax and recharge. Make a list of things you like to do and try to do one of those activities a week.

4. Limit electronics. Try to spend less time on your phone, social media, and television and begin to seek out more in person social interactions. This can be difficult during a pandemic so you might need to get creative!

5. Seek out support. Talk with your primary care physician or a licensed behavioral health expert. There are more strategies and coping skills that you can learn and utilize to help you feel better and conquer your burnout.

CONSIDER THE FOLLOWING QUESTIONS TO SEE IF YOU MAY HAVE SYMPTOMS OF BURNOUT:

1. Have I noticed a change in my work performance?
2. Do I lack interest in my job or lack a sense of accomplishment in the work I do?
3. Have I had changes in my attitude, energy levels, and ability to focus?
4. Am I feeling overwhelmed daily?
5. Have I picked up any new habits to deal with how I am feeling? (Such as alcohol, drugs, or gambling).

If you answered "Yes" to one or several of these questions, and they are impacting you in a negative way, consider speaking to a counselor at the EB Family Wellness Center. Each employee, and their family members, get eight free confidential counseling sessions per person, per year through Electric Boat's employee assistance program.

Contact the EB Family Wellness Center today, 860-629-8272.

-Molly Kunka

Molly is a Licensed Clinical Social Worker who has recently joined the team at Electric Boat Family Wellness Center. She lives in southeastern Connecticut with her husband and four daughters. In her free time, she enjoys spending time on and near the water and hiking. She has previously worked in private practice and hospital settings, specializing in treating depression, anxiety, and grief and loss.



SWITCH AND SAVE

The EB Family Pharmacy has helped many employees on an EB UnitedHealthcare medical plan save money on their prescription medications.

Between free generic medications, pill splitting and advice from the pharmacist on therapeutically equivalent medication swaps, it's possible to reduce your monthly maintenance medication costs.

Hear from an employee who left the EB Pharmacy but decided to give it another try, "I switched back to the EB Family Pharmacy and was surprised that I would save \$80 every three months. I'm really impressed with the pricing." \$80 every three months is \$320 a year!

Switching your medications to the EB Family Pharmacy is quick and easy. All you have to do is contact the EB Family Pharmacy (either by phone, email or drop by) and let them know you'd like to transfer your prescriptions. Provide them with your name, where you currently get your prescriptions and the names of your prescriptions. The pharmacy staff takes care of the rest.

If you haven't yet, take a minute now to switch over your prescriptions. The EB Family Pharmacy has two locations, one in Groton, CT and one in North Kingston, RI. Call the pharmacy closest to you today to switch.

Groton- 888-578-3457 | ebgrotonrx@walgreens.com
32 Chicago Ave, Groton, CT

North Kingston- 800-891-4235 | ebrx@walgreens.com
100 Romano Vineyard Way, North Kingstown, RI



DON'T FORGET

Savings don't end at prescriptions either, there are hundreds of over the counter items the EB Family Pharmacy stocks. For example a bottle of generic Tylenol will run you less than \$2. Even if you are not on an EB UnitedHealthcare medical plan, you can shop for over the counter items.

Let the Games Begin

VIRTUAL ACTIVITY CHALLENGE: APRIL 4 - 29

Virtually team up across General Dynamics to get moving this spring!



WHO'S ELIGIBLE

All Castlight-eligible employees can participate, plus spouses covered by a General Dynamics medical plan.



HOW TO PARTICIPATE

- **Just get moving!** Track steps by walking and running, and earn "step equivalents" through other activities, such as swimming or biking. Track your activity on the Castlight Mobile app. **Remember to follow COVID-19 social distancing guidelines and safety protocols when participating in the virtual activity challenge.**



- **Earn gems!** Your daily steps earn gems for your team. The more gems your team earns, the faster you climb the leaderboard.



SWEEPSTAKES PRIZES

Individual sweepstakes entry

Earn one entry in the individual sweepstakes when you meet each of these milestones: 100,000, 200,000 and 300,000 steps (or step equivalents).

Team sweepstakes entry

Each team member earns one entry in the team sweepstakes when your team reaches each of these milestones: 750, 1,500 and 2,250 gems.



WHEN THE CHALLENGE IS OVER, 200 PRIZES (\$100 VISA GIFT CARDS) WILL BE AWARDED ACROSS GENERAL DYNAMICS!

Each individual, including covered spouses, is eligible to win one prize only.

EARNING GEMS AS AN INDIVIDUAL

Daily Step Total	Daily Gem Reward
5,000	10
10,000	20
15,000	24
20,000	27
25,000	29

Still need the Castlight Mobile app?

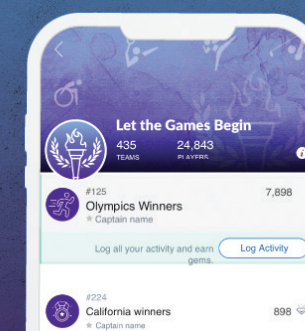
Visit the **App Store** or **Google Play** to download it for free. Or, text **APP** to **35925** to get a link to download it. Message and data rates may apply.

Refer for Rewards

Encourage your colleagues and spouse to participate in the challenge by sending them a Castlight referral. You will receive 50 points for each referral that registers for Castlight using your referral link, up to 150 points! Go to Castlight's main menu and click on *Ways to Earn* under Rewards to send a referral.

Register starting March 28! Here's how:

- 1 On the Castlight Mobile app home screen, click **Join Now** on the *Let the Games Begin* card.
- 2 Form or join a virtual team of up to 6 people.
- 3 If you want to link your tracker:
 - **Before April 4**, click *Link a tracker* on the countdown screen.
 - **On or after April 4**, click *Tracker not linked* on the challenge screen.



KEEP YOUR VACCINATIONS CURRENT

By **EB Family Pharmacy**

COVID-19 vaccines have been the highest priority immunization since they became widely available in early 2021. According to the CDC (Center for Disease Control), since the start of the COVID-19 pandemic over two years ago over 37 million people (about twice the population of New York) have missed routine vaccinations.

Recent guideline changes have resulted in more people being eligible for FDA (Food and Drug Administration) approved vaccinations for vaccine-preventable disease. These conditions include, Pneumonia, Shingles, Whooping Cough, and Hepatitis B.

All the following vaccinations are available at the Electric Boat Family Pharmacy covered at no cost if enrolled in an EB health plan. Anyone interested should contact the pharmacy for additional information: Groton 888-578-3457/North Kingstown 800-891-4235.

PNEUMONIA

In February of 2022, the Advisory Committee on Immunization Practices (ACIP) updated their pneumococcal vaccination recommendation to include new pneumococcal vaccines. People aged 65+ AND aged 19-64 with chronic health conditions are at increased risk of getting pneumonia. Each year approximately 150,000 people in the U.S. are hospitalized due to pneumonia.

RECOMMENDATIONS:

Adults aged 19-64 with underlying conditions (i.e., diabetes, chronic heart disease, lung disease, current smoker)

- If no previous pneumonia vaccines should receive one dose of Prevnar 20.
- If received previous Pneumovax 23 should receive one dose of Prevnar 20 one year after Pneumovax 23.
- If received previous Prevnar 13 should receive one dose of Pneumovax 23 eight weeks after Prevnar 13.

ADULTS AGED 65+

- If no previous pneumonia vaccine should receive one dose of Prevnar 20.
- If received previous Prevnar 13 should receive one dose of Pneumovax 23 one year after Prevnar 13.
- If received previous Pneumovax 23 should receive one dose of Prevnar 20 one year after Pneumovax 23.
- If received both Prevnar 13 and Pneumovax 23 do not require any additional doses

SHINGLES

Shingles is a painful disease that can be prevented by getting a vaccine. One in three people will get shingles in their lifetime. Shingles rates continue to rise in younger and middle-aged adults and vaccination has recently been recommended for immunocompromised patients in addition to patients over 50.

RECOMMENDATIONS:

Adults aged 19+ who or will be immunodeficient or immunosuppressed due to disease or therapy

- Receive two doses of Shingrix spaced 1-2 months apart.



WHOOPIING COUGH

Whooping Cough is a serious disease that has been increasing in incidence. Getting the Whooping Cough (Tdap) vaccine can help protect children who are not fully immunized from this disease. It is important that anyone that will be in close contact with newborn children, grandparents especially, is vaccinated. 63% of children under 6 months of age with Whooping Cough must be hospitalized.

RECOMMENDATIONS:

- Adults should receive Tdap if they have not previously received a dose, especially if they are in contact with young children.
- Adults should receive a second Tdap vaccine if it has been more than 10 years since they received their Tdap vaccine.
- Pregnant women should receive one dose of Tdap during each pregnancy regardless of interval since prior Tdap vaccination.

HEPATITIS B

Hepatitis B is a vaccine preventable liver infection, 2%-6% of people as an adult can become chronically infected. The ACIP recently updated their recommendations to routinely recommend that all adults ages 19-59 be vaccinated to protect from hepatitis B virus infection. There are several FDA approved Hepatitis B vaccine options:

- Recombivax HB or Engerix-B. These are three dose series with dose 1 and dose 2 administered 4 weeks apart and dose 3 at least 8 weeks after dose 2.
- Heplisav-B – This is a two-dose series with dose 1 and dose 2 administered 4 weeks apart **not for use in pregnancy**

RECOMMENDATIONS:

- Adults aged 19-59 should complete any Hepatitis B series.
- Adults aged 60+ at increased risk of hepatitis B infection should complete any Hepatitis B series.

Continued on Pg.17

COVID-19 VACCINES

COVID-19 vaccines available in the United States are effective at protecting people from getting seriously ill, being hospitalized, and even dying. As with vaccines for other diseases, people who are up to date are protected best. CDC recommends that everyone ages five years and older get their primary series of COVID-19 vaccine, and everyone ages 12 years and older also receive a booster shot.

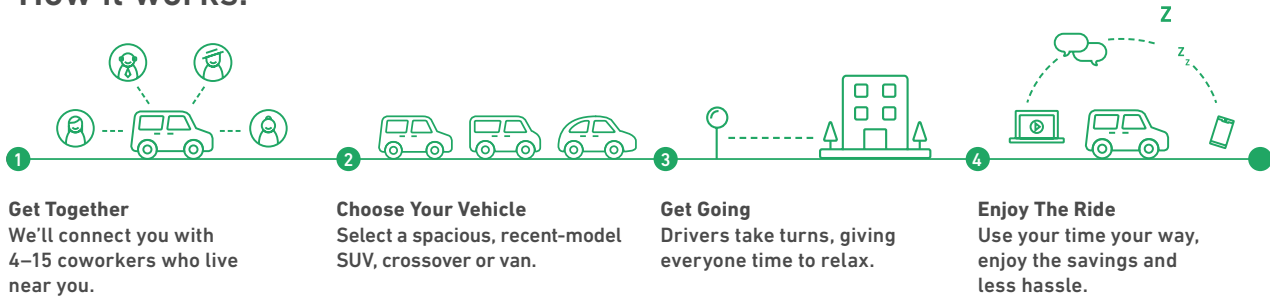
Below are the different vaccine schedule recommendations broken up by brand, and what is considered up to date.

Be sure to check with your doctor about an appropriate vaccine schedule. This article is for informational purposes only.

Pfizer-BioNTech	Pfizer-BioNTech	Moderna	Johnson & Johnson's Janssen
Ages Recommended 5-11 years old	Ages Recommended 12+ years old	Ages Recommended 18+ years old	Ages Recommended 18+ years old
Primary Series 2 doses Given 3 weeks apart	Primary Series 2 doses Given 3-8 weeks apart	Primary Series 2 doses Given 4-8 weeks apart	Primary Series 1 dose
Fully Vaccinated 2 weeks after final dose in primary series	Fully Vaccinated 2 weeks after final dose in primary series	Fully Vaccinated 2 weeks after final dose in primary series	Fully Vaccinated 2 weeks after 1st dose
Booster Dose Not recommended at this time	Booster Dose Everyone ages 12+ years should get a booster dose at least 5 months after the last dose in their primary series: • Teens ages 12-17 years should only get a Pfizer-BioNTech COVID-19 vaccine booster dose • Everyone ages 18+ years should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines)	Booster Dose Everyone ages 18+ years should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 5 months after the last dose in their primary series.	Booster Dose Everyone ages 18+ years should get a booster dose of either Pfizer-BioNTech or Moderna (mRNA COVID-19 vaccines) at least 2 months after the first dose of a J&J/ Janssen COVID-19 vaccine. You may get J&J/Janssen in some situations.



How it works:



Your Benefits:

- ✓ Share your Commute costs with coworkers and save up to \$120/week*
- ✓ Reliable and spacious recent-model SUV, crossover or van
- ✓ Flexible schedule to match your shift
- ✓ Round-trip ride: home-to-work or meet-up at a convenient location
- ✓ 24/7 roadside assistance and preventative maintenance included
- ✓ Full coverage vehicle insurance
- ✓ Month-to-month flexibility



COMMUTE WITH ENTERPRISE TO ENJOY:

- GUARANTEED PARKING SPOT
- PRE-TAX PAYROLL DEDUCTION
- RIDE TO WORK IN A RECENT-MODEL VAN OR SUV

Ready to Commute with Enterprise?

Your Local Enterprise Rep Has Your Back.

Matt Lyhne

Matthew.E.Lyhne@ehi.com
860-424-2944

*Customers may save up to \$6,000/year with Commute with Enterprise. Figures assume a five-day work week, average roundtrip mileage and operating costs per mile. Figures assume 50 working weeks per year. All stats and figures according to 2019 Enterprise reporting and 2019 AAA fuel, maintenance, and depreciation costs associated with owning & operating a vehicle.
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Electric Boat Family Pharmacy

100 Romano Vineyard Way
North Kingstown, RI 02852
ebrx@walgreens.com
1-800-891-4235

Electric Boat Family Pharmacy

32 Chicago Avenue
Groton, CT 06340
ebgrotonrx@walgreens.com
1-888-578-3457

HOURS OF OPERATION

Both the Groton and Quonset Point locations are open six days a week (closed on Sunday) to offer eligible employees and their families expert advice, convenience and low prices.

- **Monday and Friday**
6:30 a.m. - 5:30 p.m.
- **Tuesday and Thursday**
9:00 a.m. - 7:00 p.m.
- **Wednesday**
9:00 a.m. - 5:00 p.m.
- **Saturday**
8:00 a.m. - 1:00 p.m.

U.S. Postage
Paid
Standard
Permit No. 344
New London, CT

HAVE QUESTIONS BEFORE MAKING A PHARMACY VISIT?

Contact the pharmacy nearest you.

Quonset Point



ADDRESS: 100 Romano Vineyard Way
North Kingstown, RI 02852
PHONE: 1-800-891-4235
FAX: 1-401-295-5872
EMAIL: ebrx@walgreens.com

Groton



ADDRESS: 32 Chicago Avenue
Groton, CT 06340
PHONE: 1-888-578-3457
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