



# EB WELLNESS AT A GLANCE • • •

At Electric Boat, we care about the physical, social and emotional well-being of our employees and their families. We offer a variety of programs and resources to help maintain and improve your health using a total person approach. Led by certified professionals in the areas of Nutrition, Fitness, and Health Coaching, our suite of evidence-based wellness programs aims to meet the needs of each individual's health journey, both on-site and virtually.



## PHYSICAL WELLNESS

### Connecticut

- On-site Fitness Centers open 24/7
- On-site Certified Personal Trainers
- Group Fitness Classes
- Rehab and Conditioning Program
- Injury Prevention/Stretching Program

### Rhode Island

- Certain YMCA locations & Ocean State Community Wellness Center



## DISEASE PREVENTION AND MANAGEMENT

- Tobacco Cessation Program
- Biometric Health Screening; "Know Your Numbers"
- Preventive Cancer Screenings
- On-site Mammography Program
- Dimensions Diabetes Program
- EB Family Wellness Center
- EB Family Pharmacy
- UHC Clinical Disease Management Programs
- On-site United HealthCare Benefits Coordinator
- UnitedHealthcare Health Advocacy Center



## NUTRITION AND WEIGHT MANAGEMENT

- OPTUM Wellness Coaching
- On-site Registered Dietitian-Nutritionist
- Real Appeal Weight Loss Program
- Free Supplement Program



## VIRTUAL WELLNESS SOLUTIONS

- Castlight App, sleep exercise, and nutrition tracking.
- Omada App, diabetes prevention program
- Ovia Health, fertility, pregnancy and parenting
- Hello Heart App, blood pressure monitoring and tracking



## SOCIAL AND EMOTIONAL WELLNESS

- On-site blood drives
- Mindfulness Program
- On-site lactation rooms & resources
- Employee Assistance Program and Mental Health Resources
- Alcohol and Substance Use Resources
- EB Employee Resource Groups – Parents of ForWARD



## BENEFITS AND WELLNESS COMMUNICATIONS

- Benefits & Wellness blog
- Benefits/Wellness Website
- "Sub-Subscriptions" Newsletters

## CONTACT THE EB WELLNESS TEAM

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**Certified Personal Trainers**  
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### OPTUM Wellness Coaches

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PHYSICAL – SOCIAL – EMOTIONAL

