



# 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
- 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



## SOCIAL AND EMOTIONAL WELLNESS

- Blood Drives
- Mindfulness Program
- Lactation Rooms
- Employee Assistance Program and Mental Health Resources
- Alcohol and Substance Use Resources
- EB Employee Resource Groups



## NUTRITION AND WEIGHT MANAGEMENT

- OPTUM Wellness Coaching
- Real Appeal Weight Loss Program
- Condition management nurse



## DISEASE PREVENTION AND MANAGEMENT

- Tobacco Cessation Program
- Biometric Health Screening Events; "Know Your Numbers"
- On-site Mammography Screening (GR)
- Dimensions Diabetes Program
- EB Family Wellness Center (GR)
- EB Family Pharmacy
- UHC Clinical Disease Management Programs
- UnitedHealthcare Health Advocacy Center



## BENEFITS AND WELLNESS COMMUNICATIONS

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



## DIGITAL WELLNESS SOLUTIONS

- Castlight App, sleep exercise, and nutrition tracking.
- Omada App, diabetes prevention program
- SWORD Health, virtual physical therapy
- Hello Heart App, blood pressure monitoring and tracking
- Included Health, second opinion on diagnoses

### HOW DO I SIGN UP FOR CASTLIGHT

Text APP to 35925 to get a link to download the Castlight Mobile app. Choose Castlight Mobile in the App Store or Google Play. Don't have a smartphone? Use the web version at [mycastlight.com/general-dynamics](http://mycastlight.com/general-dynamics)

Activate your account. Follow prompts to enter your preferred email, create a password, and complete all fields to verify your account.

Track your activity. Link a tracker. If you'd like to link an activity tracker to your Castlight account, your steps can automatically sync to your account. Follow the in-app instructions to set it up.

Here you will find access to all the above digital wellness solutions.

## CONTACT THE EB WELLNESS TEAM

### EB Wellness

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[kperkin2@gdeb.com](mailto:kperkin2@gdeb.com)  
860/405-9513

### EB Fitness Centers

[ebfitness@gdeb.com](mailto:ebfitness@gdeb.com)

Groton, (860) 433-1515  
New London, (860) 867-1266

### OPTUM Wellness Coaches

AnnMarie Bartelli	David Zaldivar	Jennifer Fine
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