



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
- Lactation Rooms
- Employee Assistance Program and Mental Health Resources
- Alcohol and Substance Use Resources
- EB Employee Resource Groups
- OPTUM EAP - 866-743-6551 (Access Code 11060)
- EB Family Wellness Center - 860-629-8272



NUTRITION AND WEIGHT MANAGEMENT

- Registered Dietitian Nutritionist
- Real Appeal Weight Loss Program
- Condition management nurse



DISEASE PREVENTION AND MANAGEMENT

- Tobacco Cessation Program
- 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
- OPTUM Wellness Coaching
- On-Site Mobile Eye Van



BENEFITS AND WELLNESS COMMUNICATIONS

- Weekly Benefits & Wellness Updates email
- Benefits/Wellness Website
- "Sub-Subscriptions" Newsletters



DIGITAL WELLNESS SOLUTIONS

- OSHI - Gastrointestinal/Digestive Health
- Calm & Calm Health
- 2nd MD - Second Opinions for Diagnoses and treatment.
- SWORD Health, virtual physical therapy
- Hello Heart App, blood pressure monitoring and tracking

HOW DO I SIGN UP FOR CALM/CALM HEALTH

Download the Calm or Calm Health App from the Apple App Store or Google Play Store and create an account.

Calm Health

- Login to myuhc.com and navigate to coverage and benefits
- Scroll down to mental health and explore all your mental health benefits
- Click Calm Health and "Go to Calm Health" to set up your account

Calm

- Download the Calm app and set-up free account
- Navigate to Profile > Settings > Link Organization Subscription
- Enter organization code: OPTUM EWS
- Enter 11060 in the Group Code field

CONTACT THE EB WELLNESS TEAM

EB Wellness ebwellness@gdeb.com

Katie Perkins, Wellness Coordinator (CT)
860/405-9513 / kperkin2@gdeb.com

Meghan Bergeron, Wellness/Benefits Rep (RI)
401/268-1232 / mbergero@gdeb.com

EB Fitness Centers ebfitness@gdeb.com

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

OPTUM Wellness Coaches

Tabitha Martin (860) 882-9210 CT	Brandon Rounick (401) 302-4943 RI	Jennifer Fine, RDN (401) 465-1097 CT/RI
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Contacts

BENEFITS AND WELLNESS CONTACTS

Program/Contact	Phone	Website/Email
Electric Boat Benefits (Groton)	860-433-4201	benefits@gdeb.com
Electric Boat Benefits (Quonset Point)	401-268-3540/401-268-2711	
General Dynamics Service Center	888-432-3633	gdbenefits.com
EB Family Wellness Center	860-629-8272	ebfamilywellnesscenter.com
Electric Boat Pharmacy (Groton)	888-578-3457	ebgrotonrx@walgreens.com
Electric Boat Pharmacy (Quonset Point)	800-891-4235	ebrx@walgreens.com

VENDOR CONTACTS

Medical	UnitedHealthcare	866-249-7571	myuhc.com
Hearing Health	Starkey HearCare	860-629-0781	starkey.com
Flexible Spending Accounts	HealthEquity	877-291-1948	wageworks.com
Health Savings Account	Fidelity	888-432-3633	gdbenefits.com
Prescription Drug	Express Scripts	877-799-5783	express-scripts.com/general-dynamics
Dental	Delta Dental of Virginia	800-335-8289	deltadentalva.com
Vision	VSP	800-877-7195	gd.vspforme.com
Short-Term Disability/ Family Medical Leave	Sedgwick CMS	800-416-1808	mysedgwick.com
	CT Paid Leave	877-499-8606	ctpaidleave.org
	RI TDI/TCI	401-462-8420	dlt.ri.gov

Care options to help keep costs down



UHC Virtual Care



EB Family Wellness Center



Primary Care



Urgent care



Emergency Room



A care provider over the phone or by video

- Available 24/7 from home via phone or video
- Great for: allergies, headaches, sore throat, cough, stomach issues
- No travel or waiting room needed
- Often the lowest-cost care option
- Virtual Care can be accessed via myuhc.com/virtual care or through the UHC app



Premise Health physicians and care teams at EB

- Onsite at Electric Boat for employees and families
- Great for minor illnesses, injuries, and routine care
- Provides screenings, labs, immunizations, and wellness services
- Lower cost than urgent care or ER; convenient for the EB workforce
- (860) 692-8272



The provider who may know you best

- Best for routine checkups and preventive care
- Annual physicals, chronic condition management, and referrals
- Continuity of care with a dedicated provider
- Great starting point for ongoing health concerns



Physicians and care teams at walk-in clinics

- Extended hours and walk-in availability
- Treats sprains, minor fractures, infections, high fevers
- For non-life-threatening medical issues
- More affordable and faster than the ER



Physicians and care teams at hospital emergency departments

- For life-threatening emergencies only
- Chest pain, trouble breathing, stroke symptoms, severe bleeding
- Highest level of emergency medical support
- Most expensive care option