

SUB SCRIPTIONS

SPRING 2026

GENERAL DYNAMICS
Electric Boat

DIVE INTO BETTER HEALTH



Meet your NEW Registered Dietitian
Jennifer Fine, RDN Page 3

Watering Yourself
So You Grow Healthy
and Happy

The Sweet Trap
How Added Sugars
Impact Your Body

**Hormone
Replacement Therapy**
in Menopausal Women



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BERRY SMOOTHIE BOWL



Ingredients

- 1 cup frozen mixed berries
- 1 scoop vanilla protein powder
- 1 tbsp. peanut butter
- ¼ cup unsweetened vanilla almond milk
- ½ cup plain nonfat greek yogurt

Nutrition Facts

Calories: 383kcal	Sodium: 407mg
Carbohydrates: 32g	Potassium: 436mg
Protein: 41g	Fiber: 5g
Fat: 11g	Sugar: 21g
Cholesterol: 52mg	

Instructions

1. Add all ingredients to a high-speed blender and blend until smooth. It may be necessary to stop and stir the mixture a couple times to make sure everything is blended.

2. Pour the smoothie mixture into a serving bowl. Top with favorite toppings such as fresh berries, granola, chia seeds, pumpkin seeds, and shredded coconut.



MEET YOUR NEW REGISTERED DIETITIAN

– Jennifer Fine, RDN

Jennifer Fine is an accomplished Registered Dietitian Nutritionist with over 20 years of experience counseling clients to make positive lifestyle changes to achieve health and wellness. She has worked as an on-site and telephonic wellness coach for over 5 years prior to her new role, and has long-term experience working on research studies that promote healthy eating and exercise to prevent cancer, heart disease and manage healthy weight. She is a certified diabetes educator, tobacco cessation specialist and behavior change facilitator. Jennifer fully believes in the power of healthy living to promote wellbeing and enjoys sharing her passion with others. Jennifer is now available to support employees and spouses with personalized 1:1 nutrition counseling – completely free of charge.

What Jennifer Offers:

- Nutrition counseling
- Chronic disease prevention
- Healthy eating habits
- Prenatal nutrition counseling
- Personalized plans tailored to your lifestyle and goals

Ways to Connect:

- Schedule a free session directly with Jennifer
- Invite her to your next muster or team meeting for a quick introduction or Q & A

Contact:

Jennifer.Fine@plusone.com
401-465-1097 (Call or Text)

Employees and spouses are welcome! Take advantage of this free resource today!

03

THE SWEET TRAP: 4

HOW ADDED SUGARS IMPACT YOUR BODY



By **Katie Perkins**,
EB Wellness Specialist

Sugar is everywhere. From your morning coffee to the seemingly “healthy” granola bar you grab on the go, added sugars (sugars added during processing) sneak into countless foods and beverages. While they might satisfy your sweet tooth, their impact on your body is far from harmless. Understanding how added sugars affect your health can help you make informed choices and keep your body running at its best.

WHAT HAPPENS WHEN YOU EAT SUGAR?

The moment you consume sugar, your body begins processing it. Unlike natural sugars found in fruits and dairy, accompanied by fiber, vitamins, and minerals, added sugars enter the bloodstream rapidly, leading to a spike in blood sugar levels. In response, your pancreas releases insulin to help your cells absorb glucose for energy. However, when sugar intake is excessive, this process can become problematic, leading to a cascade of health issues.

THE IMMEDIATE EFFECTS OF SUGAR ON YOUR BODY

1. The Energy Roller-coaster

Do you ever get a midafternoon sugar rush? It’s a real thing. Sugar temporarily boosts energy by increasing dopamine levels in the brain, making you feel good. But what follows is a crash, leaving you tired, sluggish, and craving more sugar. This cycle can contribute to overeating and energy imbalances throughout the day.

2. Inflammation and Immune Function

Studies suggest that high sugar intake triggers inflammation, weakening the immune system. Consuming too much sugar may make you more susceptible to colds, infections, and even chronic inflammatory conditions like arthritis.

3. Impact on Mental Health

Sugar’s effect on brain chemistry can influence mood. Frequent sugar consumption has been linked to anxiety, depression, and impaired cognitive function. Over time, it may even contribute to memory issues and an increased risk of neurodegenerative diseases.

THE LONG-TERM EFFECTS OF ADDED SUGAR

1. Weight Gain and Obesity

Excess sugar contributes to weight gain by promoting fat storage, particularly around the abdomen. Unlike protein and fiber-rich foods that keep you full, sugary foods often lead to increased hunger, encouraging overeating and potential obesity.

2. Increased Risk of Type 2 Diabetes

Consistently high sugar intake overworks the pancreas, leading to insulin resistance. This condition prevents cells from properly absorbing glucose, raising the risk of Type 2 diabetes, a chronic disease affecting millions worldwide.

3. Heart Disease and High Blood Pressure

Excessive sugar intake has been linked to high blood pressure, inflammation, and unhealthy cholesterol levels, all of which increase the risk of heart disease. Studies show that individuals consuming high amounts of added sugars have a significantly greater risk of cardiovascular issues.

4. Liver Damage

Just like alcohol, excessive sugar, particularly fructose, places strain on the liver. Over time, this can lead to fatty liver disease, a condition where fat accumulates in liver cells, potentially causing long-term damage.

HOW MUCH SUGAR IS TOO MUCH?

The American Heart Association (AHA) recommends that women limit added sugar intake to 25 grams (about six teaspoons) per day and men to 36 grams (about nine teaspoons). However, the average American consumes nearly three times that amount daily. Hidden sugars in processed foods, sodas, flavored yogurts, and even condiments make it easy to exceed the recommended limits.

BREAKING FREE FROM THE SWEET TRAP

1. Read Labels Carefully

Added sugars appear under many names, including high fructose corn syrup, cane sugar, dextrose, and maltose. Checking ingredient lists can help you identify and reduce hidden sugars. Even if a food or beverage is labeled “sugar-free”, any ingredient ending in “ose” means there is sugar added.

2. Choose Natural Sweeteners

Opt for naturally sweet foods like fruits, which provide fiber and essential nutrients. If you need a sweetener, try small amounts of honey or maple syrup as alternatives.

3. Prioritize Whole Foods

Whole foods, like lean proteins, healthy fats, vegetables, and whole grains, help regulate blood sugar levels and keep cravings in check.

4. Stay Hydrated

Sugary drinks are one of the biggest culprits of excessive sugar intake. Replacing soda and flavored coffee drinks with water, herbal teas, or infused water can make a significant difference.

5. Balance Your Meals

Combining proteins, healthy fats, and fiber-rich carbohydrates in meals helps stabilize blood sugar and reduce sugar cravings throughout the day.

FINAL THOUGHTS

Sugar may be a sweet indulgence, but its long-term effects on the body are far from pleasant. While occasional treats are perfectly fine, being mindful of daily sugar intake can improve energy levels, mental clarity, and overall health. By making small but meaningful changes, you can escape the sugar trap and fuel your body in a way that supports long-term wellness. And, if these are some changes you’re interested in making but don’t know where to start, or need some accountability, please reach out to our on-site Wellness Coaches or our onsite Connecticut & Rhode Island RDN.

GROTON:

Tabitha Martin 1-860-882-9210
Tabitha_Martin@optum.com

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Brandon_Rounick@optum.com

REGISTERED DIETITIAN NUTRITIONIST

Jennifer Fine 1-401-465-1097
Jennifer.Fine@plusone.com

QUONSET POINT WELCOMES NEW WELLNESS & BENEFITS REP

MEGHAN BERGERON



Meghan Bergeron is the new on-site Benefits & Wellness Representative here in Quonset Point. Meghan brings valuable experience in health promotion and engagement. In this role, Meghan will support employees with all benefit related questions or concerns, while advancing wellness initiatives designed to promote a healthy, engaged, productive workforce. She will serve as a resource to employees by providing education, guidance, and support related to benefit programs and overall well-being strategies.

Meghan brings a strong background in health, wellness, and employee engagement. She received her B.S. in Sport and Leisure Management with a concentration on Sport Science and Performance from Eastern Connecticut State University. Shortly after graduating, she began her previous role as a Health & Exercise Specialist in Groton, where she worked extensively within the fitness centers, led group classes, provided individualized training sessions, and delivered on-site stretching demonstrations to the production crews. Her work focused on promoting safe work practices, injury prevention, and overall well-being.

Meghan combines hands-on experience with a passion for developing accessible, impactful wellness programs and ensuring employees feel informed and supported as they navigate their benefits. She is extremely excited to hit the ground running in her new role, especially bringing wellness programs and initiatives back to Quonset Point.

Contact Meghan at: mbergero@gdeb.com

07 MEET YOUR ELECTRIC BOAT WELLNESS COACHES

TABITHA MARTIN

CT & OFF-SITES



My name is Tabitha Martin, and I'm your Wellness Coach supporting Electric Boat. I'm excited to partner with you on your health and wellbeing journey.

As a Wellness Coach, my role is to support you in making sustainable, meaningful changes in the areas that matter most to you. Whether you're looking to improve your energy, manage stress, build healthier habits, enhance sleep, increase physical activity, or focus on nutrition, I'm here to help. Together, we'll identify realistic goals, explore what motivates you, and create a personalized plan that works with your lifestyle—not against it.

Here's what you can expect from working with me:

- **Confidential one on one support** tailored to your needs
- **Guidance and accountability** to help you stay on track
- **A judgment free space** to explore challenges and celebrate wins
- **Practical tools and strategies** that fit your daily routine

Coaching is completely free and designed to empower you, no matter where you're starting from.

If you'd like to schedule your first session or simply learn more, feel free to reach out anytime. I look forward to working with you!

Contact Tabitha at: Tabitha_Martin@optum.com

BRANDON ROUNICK

QUONSET POINT & NEO



Throughout my career, I've had the opportunity to work with a wide range of people, from busy nurses and healthcare professionals to now working with dedicated employees at Electric Boat. Each group faces unique challenges, but one thing remains consistent: wellness is not one-size-fits-all. It looks and feels different for everyone. True wellness means finding balance and satisfaction in ways that make sense for your own life, not striving for perfection. I often tell people that the way life has been doesn't have to define the way it continues to be. Positive change is

possible when it's approached safely, intentionally, and with the right support.

I also believe wellness should feel accessible, not overwhelming. Whether someone is taking their first step or refining long-term goals, I aim to create a space that encourages progress at a comfortable pace. My role is to guide, educate, empower, and help individuals build confidence in their ability to take charge of their health

and well-being. Wellness is not a destination but a lifelong process that evolves with you. As the sign outside of my office door says: How do you want to change your life for the better? Let's talk and figure it out together.

Contact Brandon at: Brandon_Rounick@optum.com

* *Wellness coaching available to all EB employees and spouses.*

WATERING YOURSELF

SO YOU GROW

HEALTHY AND HAPPY

08

Molly Kunka, LCSW
Electric Boat Family Wellness Center

We understand the importance of watering a plant. Without consistent care, sunlight, and nourishment, it wilts. But somehow, we forget that we are living beings too — and we need tending just as much.

“Watering yourself” means intentionally nurturing your mental, emotional, physical, and spiritual well-being so you can grow into your healthiest and happiest self.

Let’s explore how we can do that.

1. WATER YOUR BODY: PHYSICAL CARE

Just like soil needs moisture, your body needs steady care to thrive.

- **Hydrate** – Drink enough water daily. Dehydration affects mood, energy, and focus.
- **Rest deeply** – Quality sleep restores your nervous system.
- **Move often** – Walking, stretching, dancing, or strength training keeps your body energized.
- **Eat nourishing foods** – Think whole, colorful, and balanced.

Your body is your roots. Strong roots support tall growth.

2. WATER YOUR MIND: MENTAL CARE

Your thoughts shape your inner climate.

Limit negative input – Constant news and comparison drain your energy.

- **Feed your curiosity** – Read books, learn new skills, explore ideas.
- **Practice mindfulness** – Meditation or breath-work calms mental noise.
- Small habits repeated daily shape who we become. A few minutes of mental care each day compounds over time.

3. WATER YOUR HEART: EMOTIONAL CARE

Emotions are like weather — they come and go. Ignoring them doesn’t make them disappear.

- **Name what you feel**
- **Talk to someone you trust**
- **Journal your thoughts**
- **Allow joy without guilt**

Researcher Brené Brown emphasizes that vulnerability is not weakness — it’s courage. Emotional honesty helps you grow deeper, not just taller.

4. WATER YOUR SPIRIT: MEANING AND PURPOSE

Plants turn toward the sun. Humans turn toward meaning.

- **Spend time in nature**
- **Reflect on what matters most to you**
- **Practice gratitude**
- **Engage in prayer, meditation, or quiet reflection**

5. PULL THE WEEDS: BOUNDARIES AND RELEASE

Growth also requires removal.

- **Let go of draining relationships**
- **Reduce self-criticism**
- **Say “no” without over-explaining**
- **Forgive yourself for being human**

You can’t grow freely if weeds choke your space.

6. BE PATIENT WITH YOUR SEASONS

Growth is not constant blooming. There are:

- **Spring seasons (new beginnings)**
- **Summer seasons (energy and expansion)**
- **Autumn seasons (release and reflection)**
- **Winter seasons (rest and restoration)**

Each phase is necessary.

A SIMPLE DAILY “WATERING” ROUTINE

If you want a starting point, try this:

1. Drink a full glass of water in the morning
2. Take five deep breaths before checking your phone
3. Move your body for 10–20 minutes
4. Write down one thing you’re grateful for
5. Go to bed 30 minutes earlier

Small drops will still fill the bucket.

FINAL THOUGHT

You do not need to wait until you are exhausted to care for yourself, nor should you.

Watering yourself is not selfish — it is responsible. When you are nourished, you show up better for your family, your work, and your dreams.

Healthy plants don’t apologize for growing. Neither should you. Take a moment today, pause, breathe, and water yourself.

RESOURCES:

In-Person:

Family Wellness Center EAP Services
860-629-8272

In-Person/Virtual:

Optum EAP
866-743-6551 Access Code: 11060

Digital Wellbeing:

Calm



Access Code 11060

HORMONE REPLACEMENT THERAPY 10

IN MENOPAUSAL WOMEN

By: Erika Rohdin, PharmD

Throughout life, the aging process brings several distinct phases of growth and changes such as adolescence, puberty and for women, menopause. Menopause is defined as 12 straight months without a menstrual cycle and is characterized by a reduction in reproductive hormones. The decline of both estrogen and progesterone causes changes that affect multiple body systems. These changes commonly result in mood fluctuations, hot flashes, insomnia and vaginal dryness.¹ Beyond these well known effects, lower estrogen levels are also associated with decreased bone density, a reduction in heart health, and a decline in cognitive function.

Onset of symptoms usually begins 8-10 years prior to menopause, during a phase known as perimenopause, and may persist afterward in the stage called postmenopause.¹ Historically, clinicians often prescribed hormone replacement therapy (HRT) to alleviate symptoms. These therapies either consisted of estrogen alone, or estrogen plus progestogen. Unfortunately, a Women's Health Initiative (WHI) study in 2002 suggested HRT was associated with an increased risk of breast cancer, heart disease and dementia.² In response, the FDA placed a broad black box warning on all estrogen and progestogen products, triggering a significant decline in HRT use.³

In recent years, there have been seismic shifts in the literature supporting the use of HRT in postmenopausal women. The term "postmenopausal" is broad and should be further defined by factors such as age and time since menopause onset to better identify appropriate candidates for therapy. Women under the age of 60 who had their final menstrual cycle within the past 10 years can experience significant benefits from HRT including "a 25%-50% reduction in fatal cardiovascular events, a 50%-60% reduction in bone fractures [and] a 64% reduction in cognitive decline".³ As women age and more time passes after menopause, the benefits of HRT may decrease and potential risks increase, as was suggested in the WHI study.³

In light of the newer evidence, the FDA has removed most of the black box warnings on HRT. One important exception remains, the increased risk of endometrial cancer in women who still have a uterus who are treated with estrogen alone. To lower this risk, women with a uterus, who choose to start HRT, should receive treatment with both estrogen and progestogen.³ Although the boxed warning for breast cancer has been removed, HRT may not be appropriate for everyone. Women at high risk of developing breast cancer should avoid HRT, as it may further increase their chances of developing the disease when combined with their other risk factors.²

Ultimately, the decision to start HRT should be made through an open and thoughtful discussion between a woman and her healthcare provider. HRT is generally considered safest and most effective for women under the age of 60, within 10 years of menopause onset and who have a low risk of breast cancer and heart disease. Women who do not meet all of these requirements can still be considered for HRT, albeit with caution.²

With more than 20 available doses and formulations of HRT, treatment should be individualized as much as possible.³ For example, women with risk factors such as obesity, high blood pressure or smoking have a higher chance of developing blood clots. In these individuals, a transdermal formulation would be preferred as it bypasses the mechanism associated with increased clotting risk.⁴ For women experiencing mainly genitourinary symptoms, such as vaginal dryness or urinary urgency, localized treatment with vaginal estrogen, would be more effective for relieving symptoms compared to systemic formulations.²

To the women reading this article, in recognition of May as Women's Health Month, remember to advocate for yourselves and openly discuss your symptoms and concerns with your healthcare team. For any questions regarding how to fill or transfer prescriptions to the Electric Boat Family Pharmacy, please do not hesitate to call.

(Groton: 888-578-3457 Quonset Point 800-891-4235)

References

1. Cleveland Clinic. (2025, September 11). What is menopause?. Cleveland Clinic. <https://my.clevelandclinic.org/health/diseases/21841-menopause>
2. Valerie A Flores, Lubna Pal, JoAnn E Manson, Hormone Therapy in Menopause: Concepts, Controversies, and Approach to Treatment, Endocrine Reviews, Volume 42, Issue 6, December 2021, Pages 720–752, <https://doi.org/10.1210/edrev/bnab011>
3. Makary MA, Nguyen CP, Høeg TB, Tidmarsh GF. Updated Labeling for Menopausal Hormone Therapy. JAMA. 2026;335(2): 117–118. doi:10.1001/jama.2025.22259
4. Randel, A. (2012, November 1). AACE releases guidelines for Menopausal hormone therapy. American Family Physician. <https://www.aafp.org/pubs/afp/issues/2012/1101/p864.html>

ELECTRIC BOAT INSURANCE

Hormone Replacement Therapy Cost Information

	QUANTITY	COST at Electric Boat Family Pharmacy
Oral Estradiol Tablet	Up to 90 Day Supply	\$0
Generic Estradiol Patch	Up to 90 Day Supply	\$0
Estradiol 0.01% Vaginal Cream	42.5 g	\$15.76
Estradiol 10 mcg Vaginal Insert	24	\$69.88

ELECTRIC BOAT FAMILY PHARMACY HOURS OF OPERATION

NEW EXTENDED HOURS!

GROTON

Monday ----- 6:00am - 7:00pm

Tuesday ----- 6:00am - 7:00pm

Wednesday -- 6:00am - 7:00pm

Thursday ----- 6:00am - 7:00pm

Friday ----- 6:00am - 7:00pm

Saturday ----- 8:00am - 3:00pm

QUONSET POINT

Monday ----- 6:30am - 7:00pm

Tuesday ----- 9:00am - 7:00pm

Wednesday -- 9:00am - 7:00pm

Thursday ----- 9:00am - 7:00pm

Friday ----- 6:30am - 5:30pm

Saturday ----- 8:00am - 1:00pm

Work off site?

Contact the Groton
Pharmacy for information
on shipping prescriptions.



HAVE QUESTIONS BEFORE MAKING A PHARMACY VISIT?

Contact the pharmacy nearest you.

GROTON

ADDRESS: 32 Chicago Avenue
Groton, CT 06340

PHONE: 1-888-578-3457

FAX: 1-860-405-0760

EMAIL: ebgrotonrx@walgreens.com

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

TAKE ADVANTAGE OF THE ELECTRIC BOAT FAMILY PHARMACY TODAY!