Meet Your 2017 Healthy Partners

They’re here for you!

omada
Healthcare Bluebook
GRAND ROUNDS
ova: health
MDLIVE
beacon health options
Hello Heart
Everyone’s healthy journey is different. General Dynamics knows the journey to health is a personal one. That’s why we offer resources that provide the unique support you need.

Healthy should meet you wherever you are: Our Healthy Rewards program enables you to integrate health into your everyday life. Our healthy partners are just a click away through the Healthy Rewards app, so you can choose healthy at any moment.

It pays to be healthy. We’re offering incentives when you take steps toward better health. Earn points through the Healthy Rewards app for taking actions that are good for your health — and wallet!

Ready to make each moment a healthy one? Access all your healthy partners through the Healthy Rewards app. Download it today (see back cover for more information). Now, health is at your fingertips!

Take a look to find out which healthy partners are right for you.

The moment when... you’re ready to make lifestyle changes to reduce your health risks.

Take a one-minute risk assessment to find out if you’re eligible to make Omada your virtual health coach. This digital health program inspires healthy habits that stick. It promotes behavior change with on-the-go support to help you lose weight, keep it off and help reduce your risk of type 2 diabetes and heart disease.

If you’re eligible to participate, you’ll receive:
• Access to a health coach who will create a personalized plan based on your data and needs
• A wireless scale that syncs directly with the program
• The support of a community of participants just like you
• Tools to monitor your progress
• Weekly health lessons

Omada is the right healthy partner for you if...you are at risk for chronic conditions such as diabetes, heart disease or obesity.

Yes! I have the support I need to lose weight and keep it off!
Ovia is the right healthy partner for you if…

- you want to learn about your fertility, or
- you or your partner is trying to conceive or is newly pregnant.

The moment when...
you need a doctor when you’re on-the-go or on your couch.

MDLIVE offers convenient, 24/7, virtual access to board-certified doctors and therapists, so you can get care any time, anywhere. Instead of going to your primary care physician or an urgent care clinic, you can receive a diagnosis, treatment and prescription within moments. Plus, the cost for physician access is $38 or less if you’ve met your deductible. MDLIVE also offers access to licensed therapists, social workers and counselors who treat behavioral and mental health issues and provide marriage and family therapy. You can speak to a licensed therapist for up to $76. Create your account online so you’re ready to see the doctor whenever you need to — by phone, online or through the MDLIVE mobile app.

MDLIVE is the right healthy partner for you if…

- you or a loved one covered under your plan gets sick and needs medical attention for minor illnesses. Or, if you need support for mental or behavioral health issues from the privacy of your home.

The moment when...
you receive a diagnosis and want a second opinion

Grand Rounds connects you with an expert physician who can help you navigate a diagnosis and guide you on treatment options. Once you connect with Grand Rounds, they will do all the legwork to confidentially collect your medical records and coordinate with a physician expert specializing in your area of need. A detailed report will be available to you, which you can discuss with a Grand Rounds physician.

Grand Rounds is the right healthy partner for you if…

- you want advice or guidance on a recent diagnosis, surgery, treatment or pain management plan.
- Getting the right care can be hard and Grand Rounds can help.

The moment when...
you’re ready to grow your family.

Ovia Health offers tools and resources to help women track their cycles, conceive naturally and have healthier pregnancies.

Ovia Fertility gets to know your cycle so you can, too. Track your data, from periods to moods to symptoms, and Ovia Fertility will analyze it and tell you when you’re most fertile.

Ovia Pregnancy helps you track your pregnancy and provides a daily timeline of health articles and personalized feedback. All your pregnancy questions will be answered, from “Is this normal?” to “Can I eat this?”

Grand Rounds second opinion experts include the top 0.1% of physicians and with Grand Rounds, a change in treatment is recommended 50% of the time.

Healthcare Bluebook is the right healthy partner for you if…

- you don’t want to spend more than you should on quality healthcare services.

Healthcare Bluebook helps you find the best care at a Fair Price™. It makes shopping for healthcare easy so you can avoid paying more than you should while ensuring you get the best quality care.

Search for a specific procedure, test or service and instantly see the difference in price and quality when comparing nearby facilities from your phone, tablet or computer. Did you know the cost of common medical procedures can vary by up to 500% in the same area, even if you receive the care in-network? By taking just a few minutes to research costs on Healthcare Bluebook, you can save thousands of dollars without compromising quality.

Healthcare Bluebook is the right healthy partner for you if…

- you want advice or guidance on a recent diagnosis, surgery, treatment or pain management plan.

Getting the right care can be hard and Grand Rounds can help.

Ovia is the right healthy partner for you if…

- you want to learn about your fertility, or
- if you or your partner is trying to conceive or is newly pregnant.
The moment when...
you need help managing work and life.

The Employee Assistance Program through Beacon Health offers a variety of services to help you handle whatever life throws your way, including these services and much more:

- Parenting and relationship advice and counseling
- Support finding childcare or eldercare
- Support with buying and renting a home
- Tips for balancing work and life

Through the Employee Assistance Program, you can connect one-on-one with counselors to talk through any issue at no cost to you. You also have access to tools, like podcasts, webinars and more, on a variety of topics.

The moment when...
you want to control your high blood pressure and keep your heart healthy.

Hello Heart helps you track your blood pressure daily so you can understand your health and worry less.

The app connects to a wireless blood pressure monitor and sends the readings to your phone so you can track your blood pressure wherever, whenever. Hello Heart also gives personalized explanations and easy-to-apply heart healthy tips.

Here are some of the things you can do with Hello Heart:

- Track weight, BMI and blood pressure
- Set medication reminders
- Import lab results and get clear explanations of your numbers
- Catch potential issues early
- Access ongoing support through personalized, digital coaching

Hello Heart is the right healthy partner for you if...you need support, guidance or advice on anything related to work or life.

Hello Heart is the right healthy partner for you if...you've been told you have high blood pressure or if you are taking blood pressure medication.
Have you registered for the Healthy Rewards app yet? It’s easy!

1. Download the free Jiff app from the Google Play or Apple App Store. If you don’t have access to a smartphone, you can create an account online at https://app.jiff.com. Your covered spouses can create an account to help you earn even more Healthy Rewards.

2. Activate your account by entering Wellness as your Jiff Token, your preferred email address, and a password.

3. Enter your date of birth (MM-DD-YYYY) and last name to verify your identity.

4. Access all of your healthy partners and sync your tracking device (like a Fitbit or Jawbone).

If you have any questions, contact Jiff via:
1. The app: Jiff Help Center
2. Email: support@jiff.com (Recommended for fastest response time. Please tell us which Business Unit you are a part of when initially writing in.)
3. Call: 1-844-432-0032, 8 a.m. to 9 p.m. Eastern Standard Time.