

HEALTH BEAT | JUNE 2026

## Healthy living for the summer season

Stay supported all season long with help from Fit for Life health coaches, Life365, and BIW's healthy partners.



### Build healthy habits

As temperatures rise, taking care of your health means paying attention to how you feel physically and mentally. Whether you want help managing fatigue, improving hydration or nutrition, or maintaining energy, Fit for Life<sup>1</sup> health coaching offers personalized support. Coaches can guide you in building realistic goals and staying consistent throughout the season.

biwfitforlife@gdbiw.com  
207-442-3145



### Stay strong in the summer heat

Summer can be the most enjoyable time of the year – it can also be the most physically demanding. High temperatures can increase fatigue, stress, and dehydration – all of which take a toll on your body and mind. Life365<sup>2</sup> is available 24/7 to help you manage stress, stay grounded, and get in-the-moment support anytime you need.

mycigna.com | 877-622-4327

On-Site EAP Coordinator  
207-442-2204



### Protect your heart in hot weather

Hot weather adds extra strain on your cardiovascular system, making summer a great time to stay aware of your heart health. Many adults have high blood pressure, and most people don't realize their levels are elevated. Hello Heart is an easy-to-use program that helps you track, manage and improve your heart health. The program is offered at no cost and includes a blood pressure monitor and smartphone app.

join.helloheart.com/GD



<sup>1</sup>Fit for Life coaching is available to all employees and spouses regardless of enrollment in a GDBIW medical plan  
<sup>2</sup>Life365 is available to all employees and their household members regardless of enrollment in a GDBIW medical plan.  
<sup>3</sup>Hello Heart is available to employees and dependents covered under a GDBIW healthcare plan with a blood pressure reading of 140/90 mmHg or above; or taking blood pressure medication.