

HEALTH BEAT | JULY 2026

Healthy support all summer long

July brings more activity, more heat, and plenty of time to focus on feeling your best. BIW's on-site programs and healthy partners help you stay strong, energized, and supported throughout the season.



Boost your summer energy

Summer routines can shift quickly – and staying healthy sometimes requires extra support. Fit for Life¹ health coaches can help you build sustainable habits and set realistic goals that fit your lifestyle. On-site injury-prevention staff are available to help you refine movement patterns, reduce strain, and stay safe whether you're at work, at home, or enjoying outdoor activities.

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Move easier and feel stronger

If increased outdoor activity or daily tasks lead to discomfort, Sword Health² offers personalized physical therapy to help. With guidance from a licensed physical therapist, you can strengthen muscles, improve mobility, reduce pain, and stay active throughout the summer.

sword.health/thrive/gd/go



Feel good from the inside out

Travel, cookouts, and warm weather routines can make digestive health issues more noticeable. OSHI Health provides specialized virtual GI care that supports conditions such as IBS, chronic discomfort, or unpredictable flare-ups. Get treatment plans and simple tools to help you feel your best all season long.

oshihealth.com/generaldynamics



¹Fit for Life coaching is available to all employees and spouses regardless of enrollment in a GDBIW medical plan

²Sword Thrive available to U.S. employees, excluding expatriates, enrolled in an eligible GDBIW medical plan, as well as their covered spouses and dependents age 13 and older. All U.S. employees, excluding expatriates, regardless of enrollment in a General Dynamics medical plan, have access to The Academy, Sword's video-based program to help prevent injuries and support recovery.

³Oshi Health is available to employees and dependents (18+) enrolled in an eligible GDBIW medical plan. Services are subject to copays, deductible, and coinsurance of each General Dynamics Plan.