



Put yourself first

Worn out from trying to be everything to everyone else? Make a commitment to self-care to improve both your physical and mental health.



Schedule a visit with your primary care provider (PCP) to check-in on your overall health and wellbeing.

Focus on the whole you

Reduce risk



Make sure you have had your annual wellness exam, any overdue preventive screenings, and medication check-ups to stay on top of any ongoing conditions

Manage stress



Get help activating your body's natural relaxation response with deep breathing, mindfulness meditation, and progressive muscle relaxation

Live healthy



Receive support to follow a balanced diet, improve your sleep, and increase your activity level as these habits can make a big difference in your health

Not registered?

Download the mobile app or visit mycastlight.com



All employees (and spouses covered by a General Dynamics medical plan) can create an account.



Castlight

GENERAL DYNAMICS