

You Play the Key Role in the P2H Partnership!

Thanks to all employees and family members who responded positively to the introduction of the Partners 2 Health (P2H) initiative. Gulfstream is excited to bring programs and services to you and your family members to help you improve your health – and the quality of your life.

The last P2H newsletter addressed primary care physicians and preventive care. In this issue, we'll take preventive care a step further by discussing Health Risk Assessments.

Everyone wants to live a healthy life. We all want to feel great, possess an abundance of energy, and have a minimum of sickness, injury or disease. Whether you realize it or not, how close you come to that kind of life depends largely on YOU – on decisions you make, on habits you form, and on things you do (and don't do). While it's true that genetics can influence your risk for certain conditions, the way you live has a great effect on how healthy you are.

So, while Gulfstream is your partner in Partners 2 Health, you play the key role in that partnership and you have the most to benefit from leading a healthy life.

Next Step: Assess Your Health Risks

To help you evaluate the genetic and lifestyle factors that may affect your health, this P2H newsletter features an important tool for your healthy life – the Health Risk Assessment.

WHY TAKE A HEALTH RISK ASSESSMENT?

It's very important for you to know your health risks. Most health plans offered by Gulfstream have a health risk assessment (HRA) tool that you can use. They go by different names – health risk assessment, health risk appraisal, health appraisal, etc. – but they all have the same goal in mind. They are designed to help you identify risks in your life and address those risks so you can avoid major illnesses and injuries.

"Partners 2 Health" is the companywide initiative for employees and their families to work together with Gulfstream to achieve a healthy life and reduce healthcare costs. Under this partnership, Gulfstream will supply the resources (medical plans and health-related information) and families will make informed decisions (taking into consideration that health guidance) to maintain or improve their health. In addition to substituting for the preposition "to" ("Acting as partners will lead to better health"), the "2" signifies the two partners (employees and Gulfstream) and the two phases (short-term and long-term) of everyone's health. Additionally, the "2" represents the two goals of the initiative -- the primary goal of better health and the secondary goal of lower healthcare costs.

Did you know?

- According to the American Diabetes Association, two things – your genes and your lifestyle – are the major factors in determining whether or not you will have diabetes.
- The American Cancer Society says that about two-thirds of all fatal cancers could have been prevented with simple changes in lifestyle.
- The American Heart Association says that four major factors affect your cholesterol level – age, gender, heredity and diet.
- Removing major health risks (e.g., blood pressure, high cholesterol) can increase your life expectancy by an average of nine years.

An HRA is a short questionnaire that asks you questions about things like:

- Current health status
- Family history
- Lifestyle factors
- Lab values (such as blood pressure, cholesterol, glucose)
- Utilization of medical services and prescription drugs
- Preventive screenings
- Life events

Once you complete the questionnaire, you will receive a personalized assessment of your health risks along with a concise, manageable Personal Action Plan for addressing those risks. If you completed your HRA online, you'll also find a wealth of information there designed to help you achieve your new health goals through the health information Web site.

A Word about Confidentiality

Your HRA is completely confidential. Because it is provided as part of your medical plan, none of the personal information you disclose through the HRA will be shared with Gulfstream. However, you are encouraged to share the results of your HRA with your personal physician.

Don't delay! Information on accessing the HRA for your health plan is provided on the back of this newsletter, so take your HRA today and start enjoying the rewards of better health now!

OBTAIN MORE INFORMATION

For more information about programs that affect your health, contact your health plan administrator or talk to your Gulfstream benefits or HR rep. Additional information is available on the last page of this newsletter.

Coming Soon -- 2007 Annual Enrollment Give Your Benefits a “Check-Up”!

2007 Annual Enrollment will be held from October 30 through November 17. This will provide a great opportunity for you to give your benefits a “check-up” and make sure your benefit choices are the ones that best fit your personal situation. It’s also a chance to review all the things your benefits plans offer you as you work to get and stay healthy.

More information about annual enrollment will be sent to you starting in early October. Meanwhile, here are some things you can do to get ready for annual enrollment.

MAKE SURE YOU HAVE A PASSWORD

During annual enrollment time, you’ll need your password to review, enroll in or make changes to your benefits -- either online or by phone.

If you’ve lost or forgotten your password, you can have a new one mailed to you the next business day. You can receive it via e-mail in minutes if you have an e-mail address on file with the Benefits Web site.

You have two options: Go online to www.gdbenefits.com. Or, call the General Dynamics Service Center at 1-888-GD-BENEFITS (1-888-432-3633) between 9 a.m. and 9 p.m. Eastern, Monday through Friday.

You can do this NOW so you’ll be all set for the annual enrollment period!

UPDATE YOUR DEPENDENT AND BENEFICIARY INFORMATION

Annual enrollment is also a good time to update any dependent or beneficiary information, but you don’t have to wait until October -- do this right now if you wish.

If your dependents are covered by your benefits plan, you should make sure the information on file properly reflects your dependents’ current status and desired coverage. You can also review beneficiary designations to be sure the information is current and designations are still needed.

You can review and update this information online by visiting www.gdbenefits.com or calling the General Dynamics Service Center at 1-888-GD-BENEFITS (1-888-432-3633) between 9 a.m. and 9 p.m. Eastern, Monday through Friday.



**Partners
2 Health** Resources

If this is your medical plan:	Here's how to access your Health Risk Assessment:	Log on to your health information Web site here:	Find Disease Management information here:
Aetna	Go to www.simplestepslife.com and log in or register.	Go to www.aetna.com , click on "Members and Consumers," then "Health Information," then "IntelliHealth." Or you can go directly to www.intellihealth.com .	Go to www.aetna.com , click on "Members and Consumers," then "Products and Programs," and finally "Disease Management" for information on Aetna's Healthy Outlook program. Or you can call Aetna Customer Service at 1-888-562-7822.
<ul style="list-style-type: none"> • Beechstreet PPO • CCN PPO • Indemnity Plan • Memorial Health • SouthCare PPO 	Go to www.hfit.com/hfce/gulfstream . First-time users will be instructed to establish a login and password. Once logged in, select "My Assessments" on the left of the home page or click on "Take Your Health Risk Assessment."	Go to www.hfit.com/hfce/gulfstream . First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
CIGNA International	Go to www.cigna.com and log in or register. You will be transferred to an assessment tool called HealthQuotient.	Go to www.hfit.com/hfce/gulfstream . First-time users will be instructed to establish a login and password. Once logged in, use the navigation tools to select the topic you want.	Call Healthy Returns, sponsored by Memorial Health Partners, toll-free at 1-800-551-6923.
Health New England	Go to www.healthnewengland.com , click on "For Members." Then click on "Healthy Directions – Learn More," then "myhealthzone.com."	Go to www.healthnewengland.com , click on "For Members," then "Healthy Directions – Learn More," then select the topic you want.	Go to www.healthnewengland.com , click on "For Members," then "Healthy Directions – Learn More," then "Disease Management Programs."
HealthPartners	Go to www.healthpartners.com and log in or register. You'll be looking for the "Health Assessment" area.	Go to www.healthpartners.com , click on "I am a Member or Patient," then "Health Resources," then select the topic you want.	Go to www.healthpartners.com , click on "I am a Member or Patient," then "Health Resources."
Network Health	HRAs with screenings are offered onsite once per year in autumn. Check with Human Resources for more information.	Go to www.networkhealth.com , then select "Network Connect," and log in. You will need your member ID to register. Once logged in, choose "Health Resources." Resources available include "Medline Plus Consumer Health Info," "Affinity's Tips for Better Health," and links to other resources.	Call Network Health at 1-800-236-0208 for information.
PacifiCare	Go to www.pacificare.com . Click on "Member/Visitor," select "California" under "I reside in..." and click on "Go." From there, choose "Health and Wellness," then "Health Risk Assessment" from the menu on the left.	Go to www.pacificare.com . Click on "Member/Visitor," select "California" under "I reside in..." and click "Go." From there, choose "Health and Wellness," then select the topic you want.	Call PacifiCare Member Services at 1-800-913-9133.
United Healthcare	Go to www.myuhc.com and log in or register. Then click on "Health Topics and Tools" followed by "Assess and Improve Your Health."	Go to www.myuhc.com and log in. Then click on "Health Topics and Tools," then select the topic that interests you.	Call United Healthcare at 1-866-633-2446.