

Set Realistic Goals for a Healthy New Year in 2007!

By now you've seen your doctor for your annual check-up, taken a Health Risk Assessment and incorporated your Personal Action Plan into your life... right? If not, all is not lost. With a new year right around the corner, it's a perfect time to set some realistic, healthy goals for 2007.

Gulfstream wants to help. Included in this quarterly P2H newsletter is a 2007 Health & Wellness calendar full of healthy facts and ideas. The theme of the calendar is nutrition -- so it's perfect for hanging in your kitchen to note your appointments and special events. At the same time, the calendar can serve as a daily reminder of the importance of a healthy diet.

Introducing the P2H Web Site with Convenient Links

We're pleased to announce the implementation of a new Web portal at www.partners2health.com. Available from any computer with Internet access, the P2H portal has been designed to help you easily find just about everything related to your

health and wellness benefits at Gulfstream. It also provides convenient access to other sources of health information.

By logging on to the P2H site, you'll find convenient links to all Gulfstream and GDAS medical, dental, vision, prescription and Employee Assistance Plan Web sites, as well as information on upcoming health events at each location. From the home page, you can quickly connect to the General Dynamics Service Center and General Dynamics Enterprise System, as well as to several national health Web sites. We've also included archived newsletters and health articles.

Access to the site is simple. No login ID or password is required to enter the home page or individual site pages. There is only one address to remember. (GD Web sites and specific health plan sites will still require an ID and password. This allows GD and our health plan vendors to protect your confidential information.)

Check it out today at
www.partners2health.com!

"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.



2006 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, and finally "Am I at Risk?"	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.

*Note: This chart presents information on 2006 programs. The P2H Web site will be updated with 2007 information in January. A revised chart incorporating 2007 changes will also be provided with the next P2H newsletter, due in February 2007.