



# Enjoy the benefits of better health.

Register now for the GEHA HealthBalance wellness portal and start earning Health Rewards points. Every GEHA health plan member can register. Two family members (age 18 or older) can earn up to \$250 worth of Health Rewards points by completing simple and easy health screenings, such as:

- ▶ Annual health risk assessment: \$75 prepaid MasterCard
- ▶ Annual free biometric screening: \$75 in Health Rewards points
- ▶ HealthBalance classes and activities such as weight management, stress management or smoking cessation and tracking fitness activities: \$100 in Health Rewards points

The money you earn can be used to help you live healthier throughout the year. Qualified expenses include out-of-pocket medical expenses and health-related items at an online store.

1

Go online to [healthbalance.geha.com](http://healthbalance.geha.com). First time users should click the REGISTER NEW ACCOUNT button to create your username and password. Have your member ID card with you.

2

After you've successfully logged in, start the Health Rewards program by completing the Health Assessment. When you're done, you will earn a \$75 GEHA HealthBalance prepaid MasterCard.

3

Earn up to 175 points by completing a free biometric screening and other wellness activities throughout the year. Details are online on how to schedule your biometric screening, participate in wellness workshops and earn points through your healthy behaviors.

4

Once you've earned 75 points for taking the biometric screening or earned at least 100 Health Rewards points in the portal, you will receive an email within 6 weeks containing a link to [fsastore.com/gehahealthbalance](http://fsastore.com/gehahealthbalance). You can use the credit for any items sold on the site.

Quick Start

[geha.com/rewards](http://geha.com/rewards)

