



GEHA is at your service

GEHA's Account Managers are available year-round to help you create a healthy workplace and deliver helpful information.

Seminars: In-person seminars are available throughout the year for Agency Benefits Officers and federal employees. Topics include wellness, understanding high deductible health plans and planning for retirement.

Service visits: GEHA Account Managers can visit your agency to help medical or dental plan members with claim and benefit questions. No question is too small or too large.

New Hire/Benefits 101 sessions: These sessions help your employees understand the importance of choosing the right plan and how FEHB and FEDVIP plans work.

Worksite Wellness services: GEHA can coordinate various Worksite Wellness events for your agency. Events include presentations, lunch & learns and webinars to educate employees on health and wellness. These events can feature screenings including InBody body composition tests and more.

Now available: Worksite Wellness services



GEHA's Worksite Wellness Consultant, Coletta Meyer, can help you coordinate wellness-related events for your employees.

Poor physical and emotional health can affect your employees' ability to perform their best. This can impact your agency through higher rates of absenteeism, lower productivity, injury and disability, and even increased medical care plan costs.

Getting employees motivated to live a healthier lifestyle through Worksite Wellness events can improve overall health and well-being.

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To schedule a Worksite Wellness event, contact your Account Manager.
geha.com/sales



▶ Worksite Wellness services

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GEHA now offers Worksite Wellness services to all Agency Benefits Officers.

Presentations and webinars:

- ▶ Financial wellness
- ▶ Healthy eating
- ▶ Low back pain
- ▶ Stress management
- ▶ Suicide awareness
- ▶ Wellness in the workplace

Wellness events:

- ▶ InBody body composition
- ▶ Massage therapy
- ▶ Physical fitness
- ▶ Wii Fit testing

Contact your Account Manager for availability and scheduling.

Did you know?

Informational webinars:

Access our on-demand webinars to learn more about Medicare, 2019 benefits and for resources to help with new hire orientations.

geha.com/abo

Online member resources:

- ▶ Account creation
- ▶ Print temporary ID cards
- ▶ Sign up for electronic Explanation of Benefits (EOB)
- ▶ Track your claims and deductible
- ▶ Submit an address change

geha.com/signin



▶ Schedule an appointment with your GEHA Account Manager. Visit geha.com/sales for contact information.

Maple Cayenne Pecans

(Makes 4 servings)



- 1 cup raw pecan halves
- 1 tsp. coconut oil or olive oil
- 1 Tbsp. pure maple syrup
- 1/8 tsp. cinnamon
- 1/4 tsp. Himalayan sea salt (or regular salt)
- 1/8 tsp. cayenne

Instructions:

Preheat oven to 325 degrees F.

Grease pan lightly with oil. In a medium bowl, combine all other ingredients.

Spread pecans evenly on baking sheet. Bake for 15 minutes, stirring every 5 minutes. Remove sheet from oven and transfer to a platter or plate, allowing the pecans to cool for 30 minutes before eating.

Nutrition facts per serving:

194 calories, 19 g total fat (1 g saturated fat), 7 g carbohydrate, 2 g protein, 3 g fiber, 146 mg sodium.

Reprinted courtesy of the American Institute for Cancer Research. For more, visit aicr.org.