

GEHA is at your service during Open Season

This year, FEHB and FEDVIP Open Season runs from Monday, November 12 to Monday, December 10. As always, GEHA is at your service to assist with your Open Season health fair. If you have not yet ordered supplies for your fair, place your order today – it's easy. Visit geha.com/fair to find our Health Fair Supply Form. Download the form, fill it out, and return it by email or post to place your order.

How can we help you?

GEHA's Account Managers work closely with federal Agency Benefits Officers year-round, helping any way we can to make your job easier. Your GEHA Account Manager can assist you with:

- ▶ Open Season events
- ▶ Public Service Recognition Week events
- ▶ Service visits
- ▶ Wellness events and lunch and learns
- ▶ Retirement sessions
- ▶ New hire orientations

TRDP is ending December 31

Current members in the TRICARE Retiree Dental Program must choose their federal dental coverage this Open Season, they will not be automatically enrolled in a 2019 federal dental plan. GEHA is one of six nationwide FEDVIP carriers that TRDP members can choose from. Visit gehadental.com/tricare to learn more about GEHA dental plans.

GEHA plan and benefit resources

- Customer Care: **800.821.6136**
Enrollment: geha.com/enroll
gehadental.com/enroll
Plans and benefits: geha.com/rates
gehadental.com/plans

Order Open Season materials.
Visit geha.com/fair



Introduction to GEHA's medical plan options

GEHA offers three unique PPO medical plan options. All GEHA plans provide:

- ▶ Comprehensive coverage.
- ▶ In-network preventive care at no cost to you.
- ▶ A provider network of over 2.7 million provider locations and 9,300 hospitals.

High Deductible Health Plan

GEHA's High Deductible Health Plan (HDHP) pairs our lowest premium with a health savings account (HSA) or a health reimbursement arrangement (HRA). Our GEHA HDHP is a good way to get low-cost medical

coverage combined with funds you can use to pay for future qualified medical expenses. HDHP offers:

- ▶ Plan pays 95% of nonpreventive medical services after your deductible is met.
- ▶ Full vision benefits are included, in addition to the discounts provided by all of our plans.

To learn more, visit geha.com/HDHP

Standard Option

With affordable premiums and low copays, this plan is

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Sales Department

P.O. Box 6707 \ Lee's Summit, MO 64064-9703
800.821.6136, ext. 3396 \ geha.com

For up-to-date contact information and a directory of GEHA regional Account Managers, visit geha.com/sales



Introduction to GEHA medical plan options

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the best value for people who have predictable out of pocket expenses. Standard Option offers:

- ▶ Copays of just \$15 for doctor office visits, \$35 for urgent care and \$0 for telemedicine services.
- ▶ Prescription copays: retail \$10, mail order (90-day supply) \$20

To learn more, visit geha.com/rates

High Option

This plan works well for people who take brand-name prescription medications and provides greater cost predictability. High Option offers:

- ▶ Copay of \$100 per admission plus 10% of allowance for inpatient hospital care.
- ▶ 75% of the cost of preferred brand-name prescription drugs paid by the plan

To learn more, visit geha.com/rates

Compare all three plans at geha.com/compare

Did you know?

- ✦ We've recently launched a **new look and experience at geha.com**. Enhancements and features include: a new compare plans and costs tool, an upgraded find care tool, and a health and wellness blog. Over the next several months, we will continue to roll out new features and enhancements.
- ✦ Did you know GEHA medical plan members have **access to telemedicine services** through MDLIVE? Members can consult with a board-certified physician or therapist from anywhere, at any time, 24/7/365. To learn more, visit geha.com/mdlive
- ✦ Our **webinars and videos** are available to view at any time online. You can access past GEHA webinars and informative videos on a variety of topics, including high deductible health plans, retirement and Medicare, wellness and more. Visit geha.com/videos to see what's available.

Garlicky pumpkin seed snack mix (Makes 12 servings)

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|--|-----------------------------|
| Canola oil spray | 2 tsp. Worcestershire sauce |
| 1 cup pumpkin seeds
(pre-toasted for 30 minutes in a 300-degree oven) | 1 tsp. water |
| 1 tsp. garlic powder | 1 cup chopped walnuts |
| 1/2 tsp. cumin | |

Preheat oven to 375 degrees. Lightly coat baking sheet with canola oil spray. In medium bowl, combine garlic powder and cumin. Thoroughly whisk in Worcestershire sauce and water. Remove toasted seeds from oven. When cool, add to bowl with sauce along with walnuts. Toss to coat evenly.

Spread seeds and nuts on baking sheet in one layer. Bake about 10 minutes.

Nutrition facts per serving: 140 calories, 12 g total fat (2 g saturated fat), 4 g carbohydrates, 8 g protein, 2 g dietary fiber, 120 mg sodium.

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



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