I want to share some good news. During Open Season, GEHA added more than 51,400 new dental members and more than 18,400 new health members. In addition, GEHA’s health plan recently received AAAHC accreditation for our commitment to high-quality care.

To our new members: Welcome to GEHA. We know you have many choices, and we appreciate the trust you’ve put in GEHA with your decision.

2017 marks a special anniversary for GEHA. Eighty years ago, a group of 30 Railway Mail Service clerks formed the Railway Mail Hospital Association – the organization that became GEHA. In those early years, Railway Mail clerks paid one dollar to join the association, plus dues of 50 cents each month.

We’ve grown dramatically in our eight decades. We will continue to do everything we can to keep GEHA strong as we move into the future. And, we will remain dedicated to providing security and improving lives for the members we serve.

In good health,

Julie Browne, President & CEO

FROM OUR PRESIDENT

Get the most from your membership

Year-round benefits for all GEHA members keep you in charge of feeling great.

**Smile Brilliant teeth whitening**
Whiten your teeth with a custom-made system from the comfort of home. All GEHA members receive a 20 percent discount off the lowest published price on all Smile Brilliant products. Visit smilebrilliant.com/geha.

**Connection Vision powered by EyeMed**
As a GEHA member, your vision coverage is included for no extra premium. You and covered family members get annual eye exams for only a $5 copay, when you visit an EyeMed network provider. Visit geha.com/vision.

**Life Alert emergency response**
Gain round-the-clock peace of mind for you and your family members, even if they are not GEHA members. Life Alert’s medical alert system is available at special promotional pricing that includes up to $199 in waived activation fees and 10 percent off monthly rates. Visit geha.com/lifealert.

**Connection Hearing powered by TruHearing**
GEHA members get exclusive access to low prices on more than 100 hearing aid models, selected from top companies. This benefit can be shared with extended family members. Visit geha.com/hearing.

**Access to GEHAtotal***
With GEHAtotal Life Insurance, Short-Term income Protection and Accident Expense Protection, GEHA can help protect your financial health, too. Learn more about your insurance needs with our easy online tool at gehatotal.com.

*GEHAtotal products are neither offered nor guaranteed under contract with the FEHB or FEDVIP programs, but are made available to eligible enrollees and eligible family members. Prior to applying for coverage, carefully read the summary plan description for any exclusions or limitations.
Health plan members can earn money through healthy behavior

Register now for the GEHA HealthBalance wellness portal (healthbalance.geha.com) 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 health screenings.

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

Quick start guide
1. Go online to healthbalance.geha.com. First-time users should click the REGISTER NEW ACCOUNT button. Have your member ID card with you.

2. After you’ve logged in, start by completing the Health Assessment, which will earn you a $75 GEHA HealthBalance prepaid Mastercard.

3. Earn up to 175 points by completing a free biometric screening and other wellness activities. Details are online about how to schedule your biometric screening, participate in wellness workshops and earn points through 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 with a code to redeem at fsastore.com/gehahealthbalance. You can use the credit for any items sold on the site.

Want healthy recipes emailed to you monthly?
You’ll be subscribed automatically when you register for a web account at geha.com/register.

At your service:
Medicare and GEHA

Q: What is the best GEHA plan to use with Medicare?

A: GEHA coverage can reimburse you for coinsurance and deductibles not covered by Medicare.

When you are enrolled in GEHA’s High Option or Standard Option plan and Medicare Part A & B is your primary payer, GEHA will pay, up to the plan allowance, for routine physicals and checkups. In addition, if you have Medicare Part A & Part B primary, GEHA waives the calendar year deductible and copayments on hospital and physician services, with both High Option and Standard Option.

You pay a reduced copayment and coinsurance on prescription drugs with GEHA High Option.

Please review your health care details and financial situation to determine the best fit for your needs.

Healthy recipe: Chicken with spinach and apple

- 2 Tbsp. olive oil
- 4 (4-oz.) skinless, boneless chicken breasts
- 1/8-in. • 1 medium Granny Smith apple, sliced lengthwise
- Salt and pepper, to taste
- 2 large cloves garlic, minced
- 1 tsp. spicy brown mustard
- 2/3 cup apple cider
- 1 medium red apple, sliced lengthwise 1/8-in.
- 8 cups packed fresh baby spinach

Makes 4 servings

In large skillet, heat oil over medium-high heat. Season chicken with salt and pepper. Sear chicken 6-7 minutes on each side, until browned. Remove chicken and let sit a few minutes. Cut chicken into 1-inch pieces, cover and set aside.

To skillet, add garlic, mustard and cider. Stir to combine well. Add apple slices and reduce heat to medium. Let simmer 5-6 minutes, stirring often.

Return chicken to skillet. Stir occasionally as sauce thickens, about 4-5 minutes. Add spinach to skillet. Stir until spinach is wilted, about 2 minutes. Serve hot.

Reprinted courtesy of the American Institute for Cancer Research (aicr.org).
Notice of GEHA annual meeting and proposed bylaw amendments

This notice provides a summary of amendments to the bylaws of Government Employees Health Association, Inc., that will be proposed to the membership for vote at the annual meeting, which will be held on April 5, 2017, in Blue Springs, Missouri (see details below).

The proposed amendments will include the following:
- Updating language related to special classes of membership;
- Updating provisions related to the Board of Directors, including a clarification that a majority of the Directors must be members of the Association and the creation of a Lead Director of the Board;
- Adding provisions related to committee structure;
- Removing the antiquated “order of business” for the annual meeting; and
- Adding provisions related to Indemnification.

The full bylaws will be posted by March 1 at geha.com/bylaws.

GEHA’s Annual Meeting

April 5, 2017
Noon to 2 p.m.
(luncheon starts at noon, meeting starts at 12:30 p.m.)

Adams Pointe Conference Center
Courtyard by Marriott
1400 NE Coronado Drive
Blue Springs, MO 64014

We welcome all GEHA members and covered family members. Please join us for a buffet luncheon and to celebrate our 80th anniversary. You could win a door prize!

RSVP by March 29. Call 816.434.4480 or email events@geha.com (please include your name and the number of people in your party).

+ Work toward your weight-loss goal with VLM (Virtual Lifestyle Management), a free, value-added benefit for health plan members that includes online fitness and nutrition lessons, along with guidance from a personal health coach.

You may be eligible if you have 30 or more pounds to lose, or if you are overweight with a chronic illness. Sign up at geha.com/active.

+ Get care when you need it by calling GEHA’s Health Advice Line: 888.257.4342. Based on the urgency of your symptoms, our nurse will assess your symptoms and, if appropriate, facilitate an appointment with a physician by computer, tablet or smartphone (where allowed by state law).

+ GEHA’s next online chat will be later this spring. We’ll answer your questions about GEHAtotal’s financial protection products. Details will be posted soon on geha.com.

+ Want to get your Explanation of Benefits (EOB) electronically instead of in the mail? Sign in to your GEHA web account at geha.com/signin and update your Communication Preferences.

+ Traveling or living overseas? GEHA has you covered. Outside the United States, covered services are paid at the PPO level with no precertification required.

+ Health members can use the CVS Caremark app to refill mail service prescriptions, track order status, view your prescription history and more. Download the CVS Caremark app from the Apple App Store or Google Play.
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GEHA Health Plans
geha.com
800.821.6136

GEHA Connection Dental
Federal FEDVIP Dental Plan
gehadental.com
877.434.2336

GEHAtotal
gehatotal.com
844.937.4342

Connection Dental Plus
geha.com/cdplus
800.793.9335

Network Provider List
geha.com
gehadental.com
800.296.0776

Mail-Order Pharmacy
caremark.com
844.4.GEHA.RX

GEHA®
The Benefits of Better Health
PO Box 4665 | Independence, MO 64051-4665

ADDRESS SERVICE REQUESTED

SPRING 2017
KEYNOTES
gehahealth