For more than 81 years, GEHA has been dedicated to providing federally focused benefits that help you access quality, affordable health care. Thank you for being a GEHA member.

Take advantage of your exclusive member benefits and programs.

Dental discounts
GEHA members get exclusive pricing on dentist-quality carePRO™ electric toothbrushes by Smile Brilliant for $27.99 plus shipping and handling, regularly $119. Members also receive a 20% discount on the lowest published price on teeth whitening products. See your plan brochure for details.

Medical members: geha.com/toothbrush
Dental members: gehadental.com/toothbrush
Medical members: geha.com/whitening
Dental members: gehadental.com/whitening

Gym discounts
Medical plan members only: Improve your health by kick-starting your workout routine with GEHA’s Connection Fitness® program powered by Active&Fit Direct™. Access over 9,000 participating fitness centers nationwide for $25 a month (plus a $25 enrollment fee, $25 monthly fee and applicable taxes).

Medical members: geha.com/fitness

Health Rewards
Medical plan members only: This program offers two adult members per household (age 18 or older) the opportunity to earn up to $250 for participating in activities that promote healthy behaviors. This money can be used for qualified medical expenses and health-related items.

Medical members: geha.com/rewards

Hearing-aid discounts
Get exclusive pricing on hearing-aids through TruHearing®. Most members save 30% to 60% off their hearing devices, an average of more than $1,800 per pair. See your plan brochure for details.

Medical members: geha.com/hearing
Dental members: gehadental.com/hearing

Medical alert discount
GEHA members and extended family are eligible for discounted services from Life Alert®. This program helps seniors stay independent with 24/7 access to emergency help. Receive free activation, plus a 10% monthly discount.

Medical members: geha.com/lifealert
Dental members: gehadental.com/lifealert

Vision discounts
Get annual eye exams for covered family members for a $5 copay when you visit an in-network EyeMed provider. Receive preferred pricing with fixed discounts for lenses, lens options, frames and conventional contact lenses. See your plan brochure for details.

Medical members: geha.com/vision
Dental members: gehadental.com/vision

*These benefits are neither offered nor guaranteed under contract with the FEHB and FEDVIP program, but are made available to all enrollees who become members of GEHA and their eligible family members.
FROM OUR PRESIDENT

Dear Members,

In January, I was honored to be named GEHA’s new President and CEO after serving as interim CEO and, prior to that, Chief Operating Officer. This role is a dream come true, as it combines my 26 years of industry experience with my personal commitment to empower well-being. I believe in leading with integrity, transparency and accountability on behalf of our Association members. Together, I know our partnership will continue to grow and thrive in meaningful ways.

This is an exciting time of change and growth in health care, and GEHA’s long history and stable foundation provide many strengths to build upon for the future. My vision is for GEHA to be an integrated health partner, delivering easy access to a full spectrum of health and well-being services that empower you and your family to manage health care in the way that works best for you.

That means creating a more modernized health care experience to support your personal needs and specific goals. It means a greater focus on prevention and wellness, not just treatment of illness. And it means highly personalized care, knowing that there’s no “one-size-fits-all” approach to health.

We are energized at GEHA to help each of our members achieve the health they need to live the lives they want. I also want to reinforce our commitment to serving each of you, which remains at the heart of who we are and how we operate.

I’m excited to lead GEHA into the future with you. Thank you for choosing us and continuing to put your trust in our team. We deeply value you as an Association member, and I look forward to our continued partnership.

Be well,

Darren Taylor

Know your options: Lower-back pain treatment

Low-back pain – ouch! Whether it’s dull and throbbing or sharp and piercing, it’s difficult to go about your daily routine when you just want relief. Back pain treatment varies on the type and cause of the pain. Non-drug therapy is initially recommended, such as massage, exercise, acupuncture, yoga, or spinal manipulation.

After 30 days, imaging tests can be helpful in the diagnosis and treatment of low back pain. These tests include X-rays, CT scans, and MRIs. However, there is great concern about the overuse of imaging because of exposure to radiation and the associated costs of these tests. When is imaging a good idea?

Talk to your doctor if you have back pain with any of the following symptoms:

- Weight loss that you cannot explain
- Fever over 102° F
- Loss of control of your bowel or bladder
- Loss of feeling or strength in your legs
- Problems with your reflexes
- A history of cancer

These symptoms can be signs of nerve damage or a serious problem such as cancer or an infection in the spine.

Source: choosingwisely.org

Notice of GEHA Annual Meeting and proposed Bylaw Amendments

April 17, 2019
Noon to 2 p.m.
(luncheon starts at noon; meeting starts at 12:30 p.m.)
Adams Pointe Conference Center
Countyard by Marriott
1400 NE Coronado Dr.
Blue Springs, MO 64014

We welcome all GEHA members and covered family members. Please join us for a buffet luncheon and a chance to win a door prize!

RSVP by April 10. Call 816.434.4480.

Please be advised that the following matters will be presented to the membership for vote at the annual membership meeting:

- Director Elections;
- Amendments to the Bylaws.

The following is a summary of the proposed amendments to the Bylaws:

- Creation of term limits for the Board of Directors.
- Creation of special provisions for the 2019 election, whereby all Directors will be divided into three (3) groups and elected to serve either 1, 2, or 3 year Initial Terms.
- Modification to meeting attendance requirements of Directors.

A complete copy of the bylaws will be posted by March 1 at geha.com/bylaws
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Please be advised that the following matters will be presented to the membership for vote at the annual membership meeting:

- Director Elections;
- Amendments to the Bylaws.

The following is a summary of the proposed amendments to the Bylaws of Government Employees Health Association, Inc.:

- Creation of term limits for the Board of Directors;
- Creation of special provisions for the 2019 election, whereby all Directors will be divided into three (3) groups and elected to serve either 1, 2, or 3 year Initial Terms;
- Modification to meeting attendance requirements of Directors.

A complete copy of the bylaws will be posted by March 1 at geha.com/bylaws
Eating for a healthier you

Incorporating healthy foods into your diet can have a positive impact on your everyday life. Nutrient-rich foods can provide you the vitamins and minerals you need to stay healthy. Our bodies need energy to function and grow, and calories from food and drinks give us that energy. By eating healthier, you can reduce your risk for heart disease, obesity, diabetes and high blood pressure.

It’s important to remember that even small changes in your diet can have significant results.

Visit geha.com/blog for more health and wellness information.