



# Creative Cooking for a Healthier Lifestyle

# Webinar tips



- You will find a PDF of the slides in the Resources list
- Closed captioning will be available during the webinar
- The webinar audio will be played through your computer. No need to mute your device.
- Technical issues:
  - Try refreshing your browser
  - Use Chrome browser for the best viewing experience
    - Email ON24 at [audience.support@ON24.com](mailto:audience.support@ON24.com)
- Non-technical questions? Email [WellnessWebinars@geha.com](mailto:WellnessWebinars@geha.com)

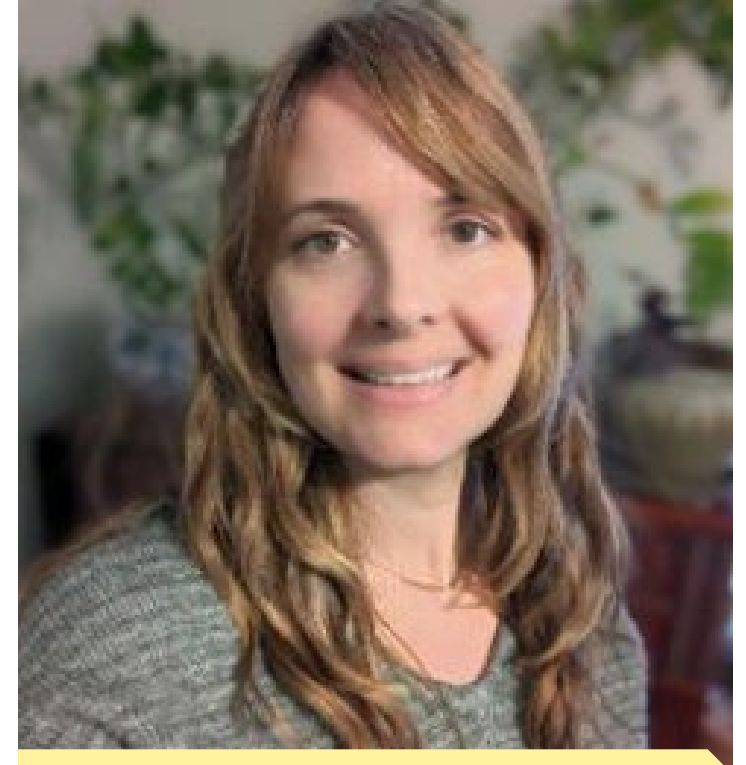
# Today's presenters



**Laurie A. | R.N., BSN**  
Clinical Quality, Wellness Team R.N.  
G.E.H.A



**Rhiannon M. | Certified Sous Chef**  
Clinical Operations Lead  
G.E.H.A



**Jennifer B. | BSND, NBC-HWC**  
Bachelor's in Nutrition, Board-Certified Health and  
Wellness Coach  
G.E.H.A



## Agenda

- Step-by-step recipe instructions
- Recipe preparation, tips and options
- Recipe booklet highlights
- Member resources
- Q&A

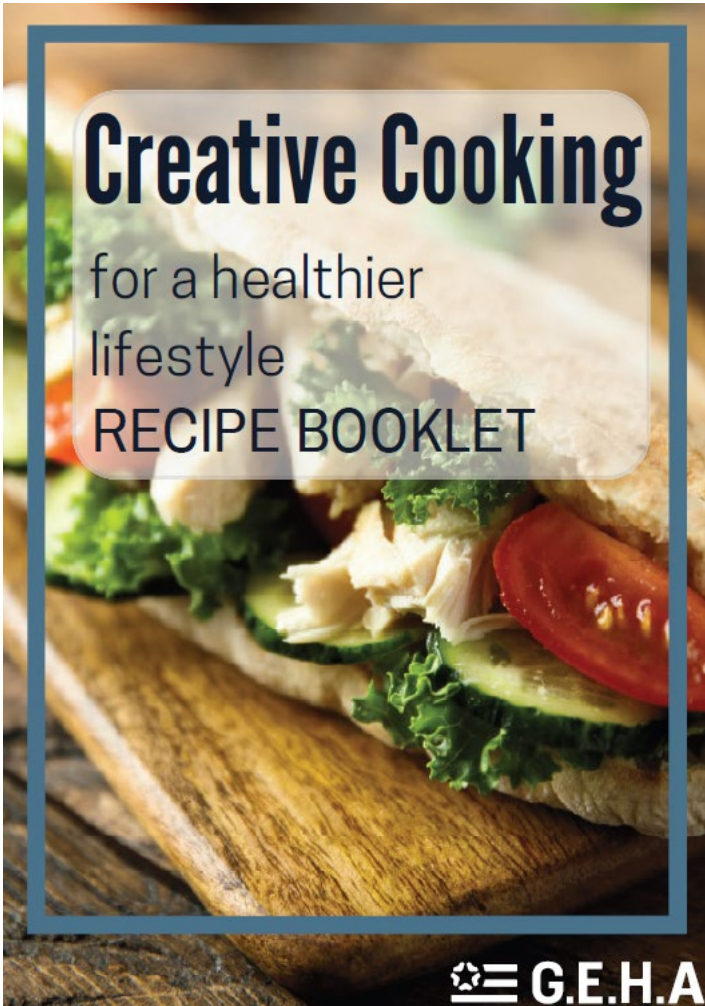


# Mediterranean chicken pita

# Creative Cooking Recipe Booklet

Includes 12 recipe options to release your inner chef!

- Budget-friendly
- Vegetarian
- Kidney-friendly



**Chicken lettuce wraps**



**Grilled veggie wrap**



**Egg salad**

# G.E.H.A member resources



## Diabetes resources

- Blog posts, recipes, webinars and support
- Learn more at [geha.com/Diabetes-Resources](https://geha.com/Diabetes-Resources)



## Elevate and Elevate Plus plans

- G.E.H.A Well-being Platform
- Learn more at [geha.com/WellnessPays](https://geha.com/WellnessPays)



## High, Standard and HDHP plans

- G.E.H.A Well-being Platform
- Learn more at [geha.com/HealthRewards](https://geha.com/HealthRewards)



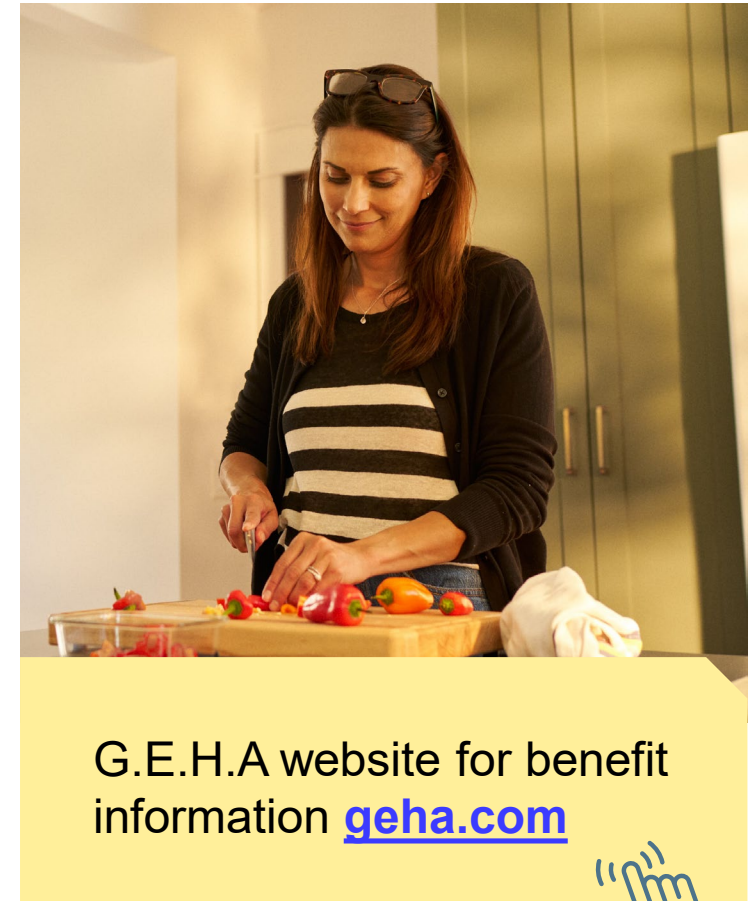
## All G.E.H.A plans

- Healthy recipes, and health and wellness articles
- Learn more at [geha.com/Blog](https://geha.com/Blog)



## All G.E.H.A plans

- Gym discount program with access to more than 12,700 participating fitness centers nationwide<sup>1</sup>
- Learn more at [geha.com/Fitness](https://geha.com/Fitness)



G.E.H.A website for benefit information [geha.com](https://geha.com)





# Questions?

**Jennifer B. | BSND, NBC-HWC**

Bachelor's in Nutrition, Board-Certified Health  
and Wellness Coach | G.E.H.A



The information contained herein is for informational and educational purposes only. This information is not a substitute for professional medical advice and if you have questions regarding a medical condition, regimen or treatment you should always seek the advice of a qualified health care provider. Never disregard or delay seeking medical advice from a qualified medical professional because of information you have read herein

## More questions?



Schedule a one-on-one with a  
G.E.H.A FedViser benefits expert  
at [geha.com/TalkWithUs](https://geha.com/TalkWithUs)



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# Chat with us



For more information

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**Q&A chat will go on through  
1 p.m. Eastern time**



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# Thank you

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This is a brief description of the features of Government Employees Health Association, Inc.'s health plans. Before making a final decision, please read the G.E.H.A Federal brochures which are available at [geha.com/PlanBrochure](https://geha.com/PlanBrochure). All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.