The Power of Aging Well

© 2026 Government Employees Health Association, Inc. All rights reserved.

G.E.H.A

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
- Non-technical questions? Email WellnessWebinars@geha.com

© 2026 Government Employees Health Association, Inc. All rights reserved.

Today’s presenters

Courtney K. | BSN, RN, NC-BC
Under the Hood Wellness

Angela K. | BS
Sales, National Webinar Engagement Specialist
G.E.H.A

© 2026 Government Employees Health Association, Inc. All rights reserved.

Agenda

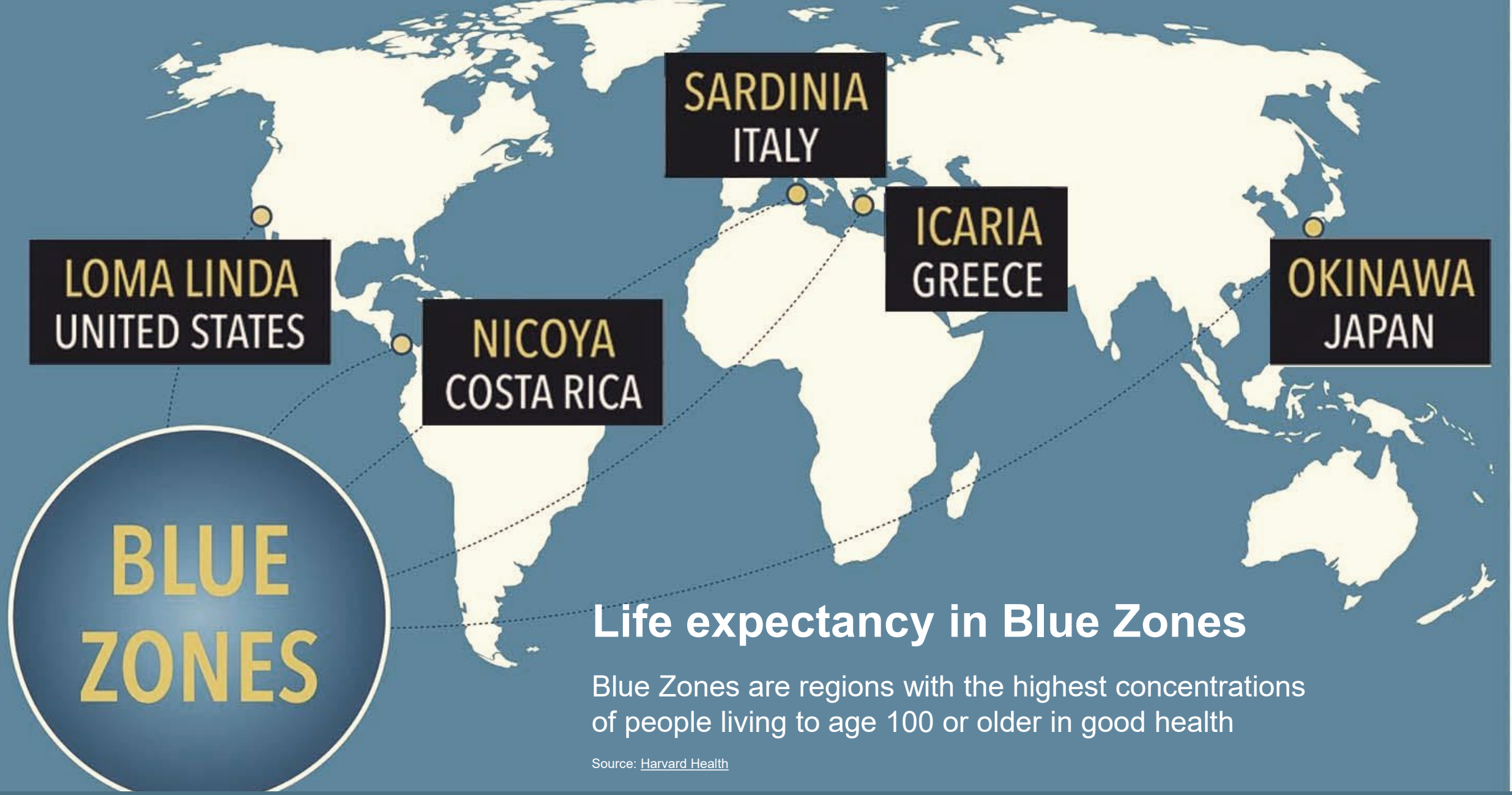
- Why many signs of aging are signs of metabolic imbalance
- How daily habits influence energy, health and long-term longevity
- Three simple shifts that can slow the aging process and improve how you feel today

© 2026 Government Employees Health Association, Inc. All rights reserved.

A personal story

We will open with a personal story about aging, grounded in my experiences with my Granny and Bumpa.

© 2026 Government Employees Health Association, Inc. All rights reserved.



Life expectancy in Blue Zones

Blue Zones are regions with the highest concentrations of people living to age 100 or older in good health

Source: Harvard Health

© 2026 Government Employees Health Association, Inc. All rights reserved.

Chronic disease and aging in the United States

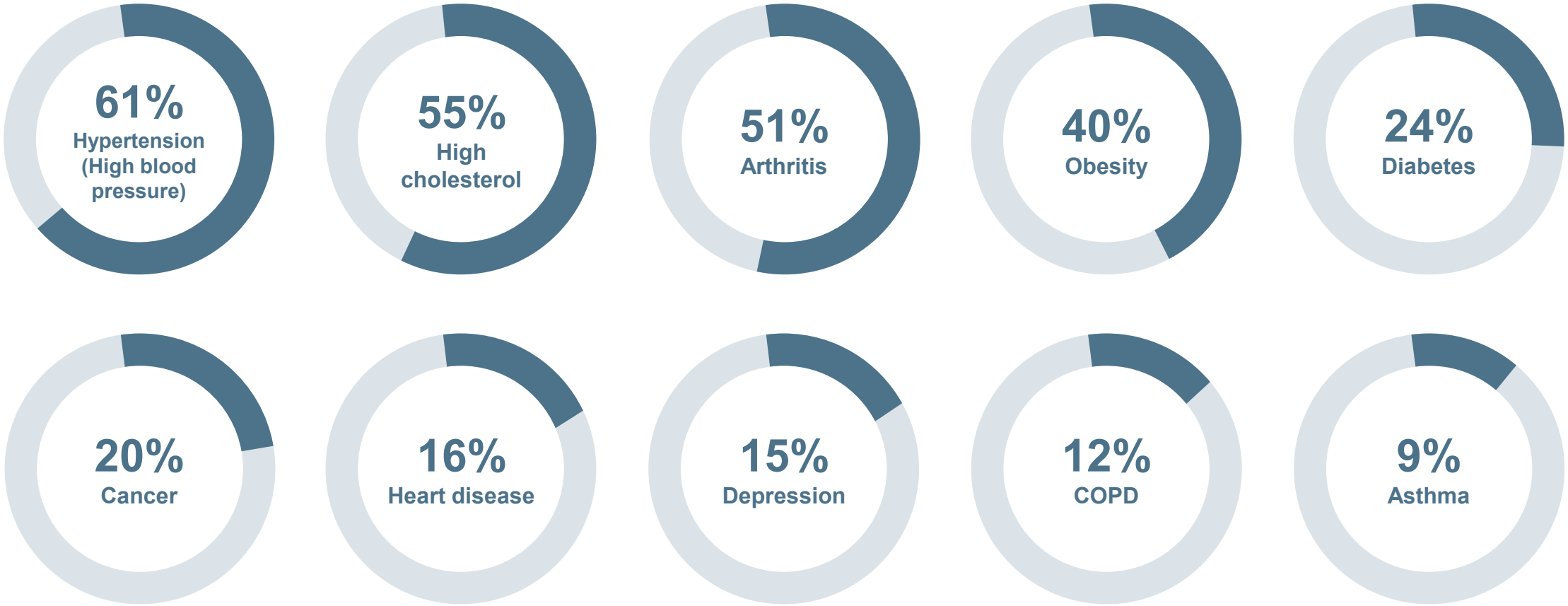
- Nearly all older adults (93%) have at least one chronic condition, and 79% are managing two or more
- You can help prevent chronic disease by avoiding risk factors like tobacco use and physical inactivity, and by prioritizing preventive care

Source: Centers for Disease Control

© 2026 Government Employees Health Association, Inc. All rights reserved.

Top 10 chronic conditions for adults 65+

According to the National Council on Aging (NCOA), these are the 10 most common chronic conditions for adults aged 65 and older.

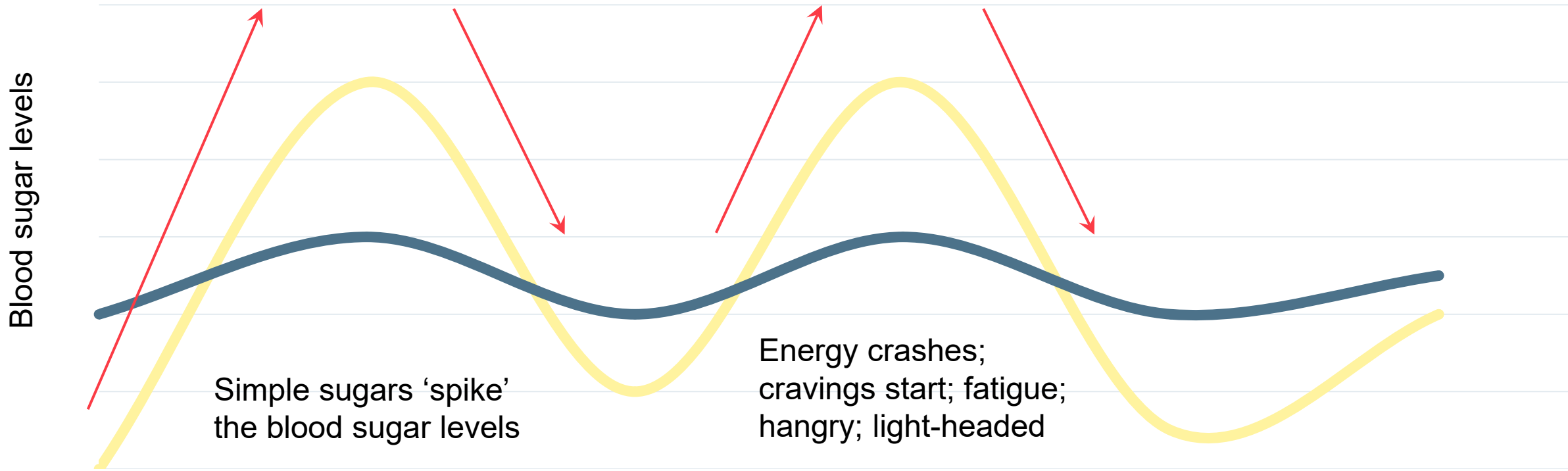


Source: National Council on Aging

© 2026 Government Employees Health Association, Inc. All rights reserved.

Insulin resistance

Assessing and targeting insulin resistance in the population can help promote early prevention of chronic diseases.



Source: National Library of Medicine

© 2026 Government Employees Health Association, Inc. All rights reserved.

Common concerns

From fatigue and brain fog to digestive challenges, anxiety and weight gain, many people experience a combination of these common concerns.

Hunger	Weight gain	Brain fog	Fatigue
Poor sleep	Afternoon slumps	Digestive issues	Irritability
Headaches	Anxiety	Depression	Cravings

Source: Brevard Health Alliance

© 2026 Government Employees Health Association, Inc. All rights reserved.

Three triggers of decreased health span

Source: UCLA Health

© 2026 Government Employees Health Association, Inc. All rights reserved.

Nutritional deficiencies

Food is more than fuel — it's medicine.

The food you eat supports your body in many ways:

- Sending biochemical instructions
- Activating or silencing genes
- Feeding good or bad bacteria
- Regulating inflammation and mood

Small food choices can make a real difference in how you feel.

Source: Cleveland Clinic, Office of Disease Prevention and Health Promotion

© 2026 Government Employees Health Association, Inc. All rights reserved.

G.E.H.A

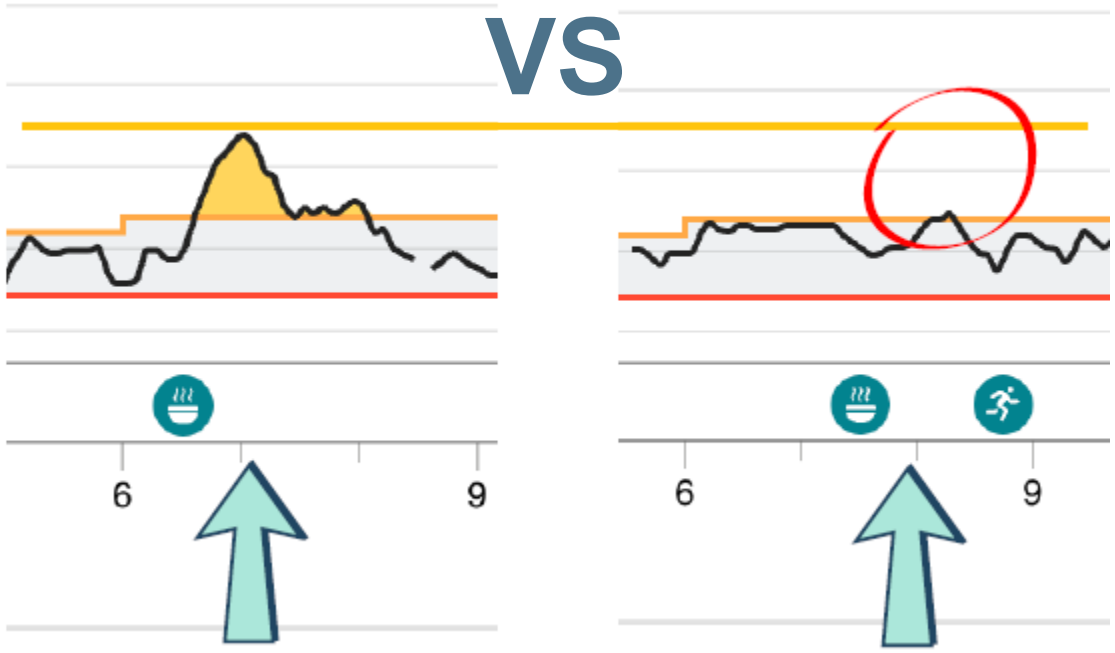
Simple swaps

By making small changes to how foods are paired and prepared, you can help reduce sharp blood sugar spikes and support steadier energy throughout the day.

Example: Breakfast smoothie

Ingredients:

- Protein powder (15g carbs)
- Banana
- Oat milk
- Berries



Starting blood glucose: 93
Peak blood glucose: 170

Starting blood glucose: 97
Peak blood glucose: 119

Ingredients:

- Collagen protein powder (0g carbs)
- Banana
- Coconut milk
- Spinach

All results represented here are unique to the person featured and are on a case-by-case basis. Results depend on many factors and should not be interpreted as a promise or guarantee of similar results.

© 2026 Government Employees Health Association, Inc. All rights reserved.

Jason’s story

Before Jason had …

- Heartburn
- High blood pressure
- Pre-diabetes
- Sleep apnea
- Exhaustion
- Daily prescription and over-the-counter meds
- Excess weight
- Fear of future health catastrophe

Jason now has …

- Improved energy and focus
- Prediabetes reversed
- Sleeping without snoring
- Weight loss (50 pounds)
- Calmer digestive symptoms
- Confident about future
- Feeling “so freaking amazing”

All results represented here are unique to the person featured and are on a case-by-case basis. Results depend on many factors and should not be interpreted as a promise or guarantee of similar results.

© 2026 Government Employees Health Association, Inc. All rights reserved.

G.E.H.A

Three simple shifts

1. **Plant slant:** Add more plants to your meals
2. **No naked carbs:** Pair carbohydrates with protein or fat
3. **Savory breakfast:** Start your day with savory foods instead of sweet options

© 2025 Government Employees Health Association, Inc. All rights reserved.

Hidden exposures that quietly impact health and aging

Tap water

Household products

Beauty products

Sedentary lifestyle

Processed food

Environment

Technology

© 2026 Government Employees Health Association, Inc. All rights reserved.

It starts in the mind

What thoughts might be holding you back?

- I just need more willpower
- I must give up everything I love
- It’s too late for me

© 2026 Government Employees Health Association, Inc. All rights reserved.

Ellen's story

After years of yo-yo dieting, anxiety, chronic health struggles and fear of diabetes (A1C of 6.4), Ellen experienced confident, sustainable weight loss — losing 29 pounds in just 12 weeks. She now has more energy, fewer headaches, clearer focus, and a deeper sense of gratitude and presence with her family. Ellen says she feels the best she ever has.

"I have NEVER felt this good in my body, in my mind and in my gratitude. My brain is truly rewiring itself."

Before

All results represented here are unique to the person featured and are on a case-by-case basis. Results depend on many factors and should not be interpreted as a promise or guarantee of similar results.

© 2025 Government Employees Health Association, Inc. All rights reserved.

G.E.H.A

Supporting liver and kidney function

What can YOU do?

- Drink filtered water
- Remove inflammatory foods
- Take a hot bath or use a sauna
- Address constipation
- Move every 30 minutes (exercise snacks)
- Choose supportive foods

Source: healthline

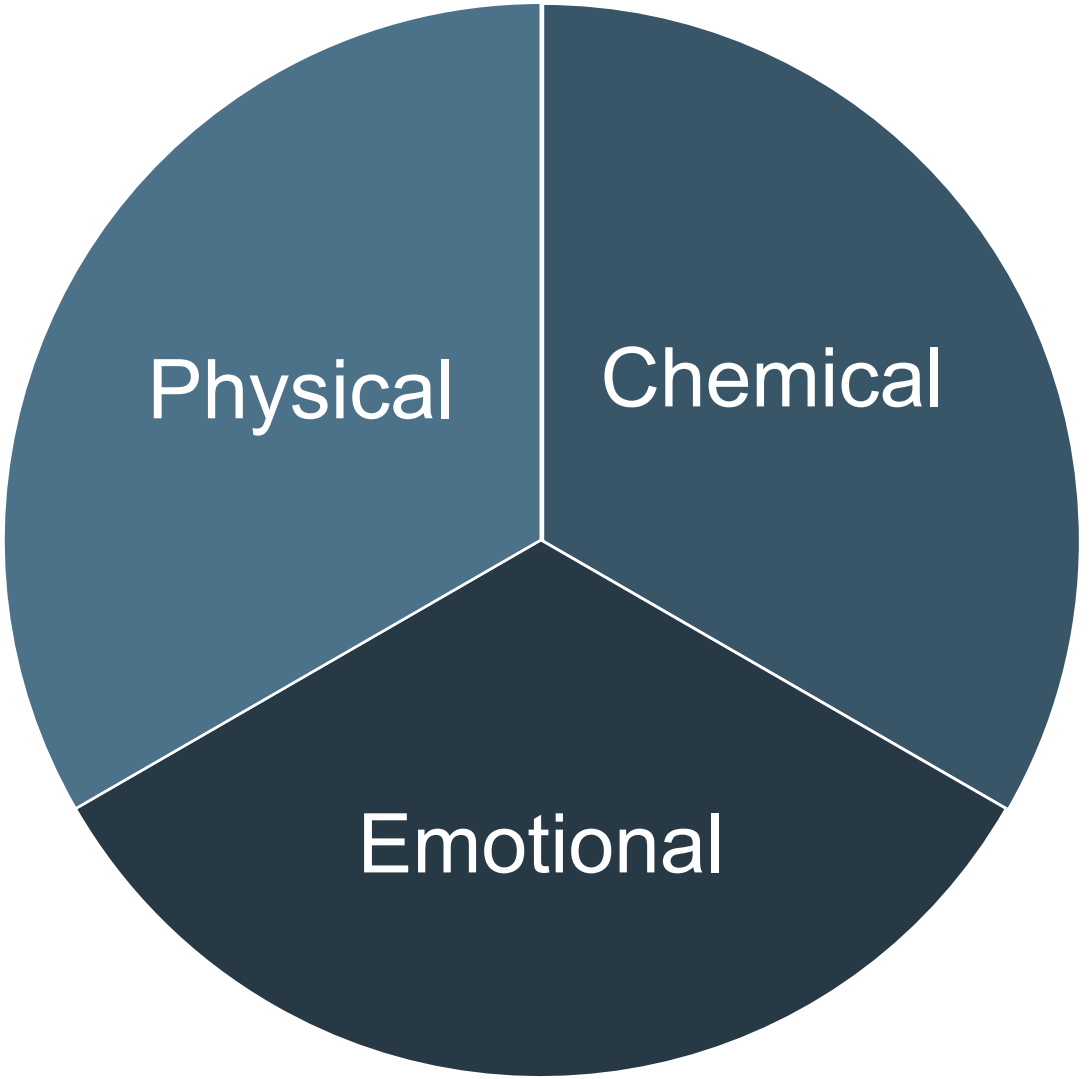
© 2026 Government Employees Health Association, Inc. All rights reserved.

Stress and sleep

Autonomic nervous system: Sympathetic and parasympathetic

- Sympathetic: fight or flight
- Parasympathetic: rest, digest, heal

Activate parasympathetic



Source: Cleveland Clinic

© 2026 Government Employees Health Association, Inc. All rights reserved.

Stress management

Address physical, emotional and chemical stress

- FOCUS ON YOUR WINS!
- Slow down — deep breaths
- Gratitude journaling
- Circadian rhythm reset — walking outdoors
- Remove inflammatory foods
- Reduce chemical stress (alcohol, caffeine, energy drinks)
- Find joy and purpose

Source: American Psychological Association

© 2026 Government Employees Health Association, Inc. All rights reserved.

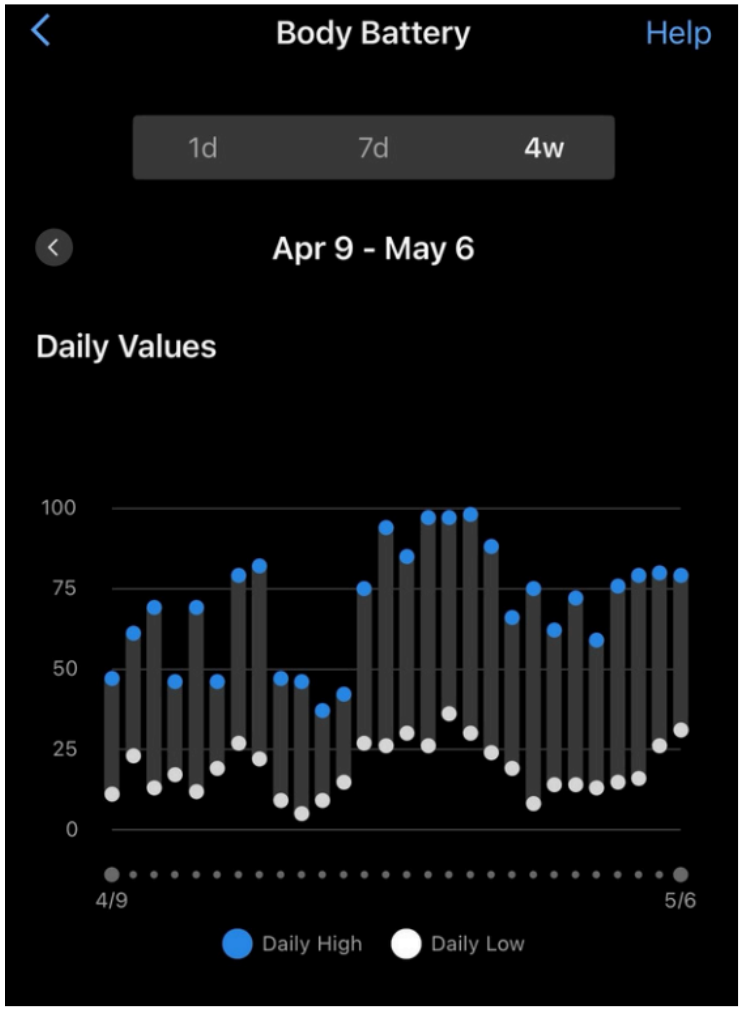
Elizabeth's story

From:

- Asleep on the couch at 7 p.m.

To:

- Amazing sleep
- Endless energy
- Improved focus, productivity and mood



All results represented here are unique to the person featured and are on a case-by-case basis. Results depend on many factors and should not be interpreted as a promise or guarantee of similar results.

© 2025 Government Employees Health Association, Inc. All rights reserved.

Your turn

What's one small change you're ready to try this week to slow the aging process?

What kind of energy or future are you saying yes to?

© 2025 Government Employees Health Association, Inc. All rights reserved.

Make an investment in your health

You are working to save money for retirement, but what good is that money if you don’t have your health?

Invest in both.

© 2026 Government Employees Health Association, Inc. All rights reserved.

Final encouragement

Chronic disease does not have to be inevitable.

Your body wants to heal and prevent disease.

Let’s help it do just that.

© 2026 Government Employees Health Association, Inc. All rights reserved.

Questions?

© 2026 Government Employees Health Association, Inc. All rights reserved.

G.E.H.A member resources

Elevate and Elevate Plus plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/WellnessPays

High, Standard and HDHP plans

- G.E.H.A Well-being Platform
- Learn more at geha.com/HealthRewards

All G.E.H.A plans

- Healthy recipes and health and wellness articles
- Learn more at geha.com/Blog

G.E.H.A website for benefit information geha.com

© 2026 Government Employees Health Association, Inc. All rights reserved.

More questions?

Schedule a one-on-one with a G.E.H.A FedViser benefits expert at geha.com/ContactWellness

Scan the QR code to schedule a one-on-one

© 2026 Government Employees Health Association, Inc. All rights reserved.

Chat with us

For more information

geha.com | geha.com/Blog

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

Scan the QR code to register for future events

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.

© 2026 Government Employees Health Association, Inc. All rights reserved.

G.E.H.A

Thank you

geha.com

The views and opinions expressed in this presentation are solely those of the presenter. All results represented here are unique to the person featured and are on a case-by-case basis. Results depend on many factors and should not be interpreted as a promise or guarantee of similar results. This presentation does not necessarily reflect the opinions or beliefs of G.E.H.A.

© 2026 Government Employees Health Association, Inc. All rights reserved.