

Enjoy the benefits of better health

Register now for the GEHA Health Balance wellness portal and start earning Health Rewards dollars.

GEHA members with HDHP, Standard and High plans can register. The subscriber and one eligible dependent (age 18 or older) can each earn up to **\$250** worth of Health Rewards dollars by completing simple and easy activities, such as attending online wellness workshops, taking a health risk assessment, getting a flu shot and other preventive services. The rewards you earn can be used to help you live healthier throughout the year.

Rewardable activity	What you earn
<ul style="list-style-type: none">• Online wellness workshops	\$10 per workshop
<ul style="list-style-type: none">• Flu shot (self-report)	\$25
<ul style="list-style-type: none">• Cervical cancer screening (Pap)^{1,2,3} – age 21-65• Colorectal cancer screening (colonoscopy)^{1,2,3} – age 45-75• Breast cancer screening (mammogram)^{1,2,3} – age 50-74• First trimester prenatal appointment (self-report)• MDLIVE telehealth visit³	\$50
<ul style="list-style-type: none">• Health risk assessment	\$75
<ul style="list-style-type: none">• Participation in a targeted health program (by invitation)	\$50 – \$250

HDHP + HRA, Standard and High plan members can spend available rewards on qualified expenses – such as eyeglasses or contacts, orthodontics, doctor visits and dental care – using your Health Rewards card.

HDHP + HSA members can use your rewards on qualified dental and vision care expenses until you've met your deductible. Then, all eligible medical and pharmacy expenses qualify too.

IRS rules state that all card transactions must be verified for eligible expenses. You might be asked to submit an itemized receipt to verify the card transaction. The IRS requires that the receipt includes these five pieces of information: 1. Patient's name 2. Provider's name 3. Date of service 4. Type of service 5. Cost.

Visit geha.com/HealthRewards for a full list of qualified expenses.

1 Restrictions may apply.

2 \$0 out of pocket for in-network providers.

3 Rewards distributed once claim received from provider (about 4 weeks).

Quick start guide



Go online to healthbalance.geha.com



First-time users should click the **REGISTER NEW ACCOUNT** button to create your username and password. Have your member ID card with you.



After you've successfully logged in, start the Health Rewards program by completing a rewardable activity. We suggest completing your personal health assessment; this assessment will provide a snapshot of your overall health.



HealthEquity will mail your rewards card about two weeks after GEHA receives notification that you've completed your first rewardable activity.¹



Additional financial rewards will continue to be added to this card when you complete rewardable activities.

¹ Please allow two to four weeks to receive your reloadable Health Rewards card in the mail.

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