

Aging Gracefully

7 tips for shopping & eating

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Coletta:

Good Morning and Afternoon. And welcome to the webinar, “Aging Gracefully, 7 tips for shopping and eating”. We are going to give everyone another minute to log on. While we wait, please look at the resources on your screen. Check out the tips for technical issues, the resources, including the PPT slides, and there is even a link to the survey you can take after the webinar is complete. If you don’t see these resources, click on the icons on the bottom of the screen to access them.

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Coletta:

While we wait, would also like to give you all some information so you may have the best webinar experience.

- If you have questions during the presentation, you may submit them by using the Q&A Chat box you see on your screen. I do ask that you wait to the end of the presentation. Many questions can be answered by listening to the presentation. We have staff here with us who will answer questions at the end of the presentation as time allows.
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- Audio and visual will be heard and seen from your device. There is not a call-in number.
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Okay. I believe we are ready to start.

Aging Gracefully

7 tips for shopping & eating

Thu Huynh, RD, CSOWM, LDN
In-Store Nutritionist, Giant Food

Coletta Meyer, MS, MCES®, CWPC
Health & Wellness Manager, GEHA

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.

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Coletta:

Welcome to todays webinar on Aging Gracefully. We eat healthy for our heart, to lose weight or even prevent diabetes, so what about for our brain? Today we will learn how to identify simple and gradual lifestyle strategies that will help you meet your personal health goals and keep your brain healthy for aging gracefully.

Today's presenters



Coletta Meyer, MS, MCCHES®, CWPC

Health and Wellness Manager | GEHA



Thu Huynh, RD, LDN

In-Store Nutritionist | Giant Food

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GEHA.

Coletta:

My name is Coletta Meyer and I will be your host for this webinar. I am the Health and Wellness Manager at GEHA with over 18 years of experience in the health field.

Our presenter for today's webinar is Thu Huynh. Thu is an in-store nutritionist for Giant Food. I would like to thank her for being here today. Thu, go ahead and tell us a little bit about Giant Foods and what you do?

Thu:

Yes and thank you for having me here today. We are a team of 10 licensed and credentialed in-store nutritionists spanning the greater Washington DC area from parts of Virginia to Maryland and Delaware. Our focus is on community education through the avenue of webinars, consultations, podcasts, and blogs. All of this is accessible just at the click of a button.

Coletta:

Thanks Thu! I am now going to turn the webinar over to you to get us started. I will be back on at the end for the Q&A portion of the webinar.



Agenda

- What does it mean to “age gracefully?”
- 7 healthy habits for:
 - Shopping
 - Eating
 - Living



Thu:

A quick peek at our agenda. Our goal today is for you to know exactly what it means to age gracefully. I'll also give you my best 7 tips for shopping, eating, and living, to easily incorporate into your daily lifestyle! So let's go ahead and get started!

Aging is inevitable

- Many conditions are just part of the "normal aging process"
- Goal is maintenance of good health to age as slowly and gracefully as possible



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Thu:

First the bad news -Aging is inevitable. But you already knew that. Many diseases or conditions—diabetes, high blood pressure (hypertension), high cholesterol and high triglycerides (hyperlipidemia), or thyroid conditions, for example—that would be considered abnormal or even alarming in younger adult populations are actually part of the "normal aging process" in individuals aged 65 years or older (Bernstein, 2010). However, the good news is that Aging Successfully begins early in life. The earlier in age that we eat more nutritiously, exercise, and care for ourselves, the more we can protect ourselves from chronic diseases as we age. This is Aging Gracefully So our tips today will focus on keeping your brain and your body in top shape. So lets get started.

Tip #1

Keep an active brain

- 3 out of 5 Americans will develop a brain disease
- Brain Plasticity



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Thu:

Tip Number 1 is Keep an active Brain

We always hear about heart health, weight management, and diabetes prevention but how do we take care of our brains and why is it important? According to the American Heart Association, 3 out of 5 Americans will develop a brain disease in their lifetime. And believe it or not, the brain actually begins showing signs of cognitive decline as a person enters their 20s, so we got our work cut out for us! But our brain is ever-changing—it's called BRAIN PLASTICITY. And even though our brain shows those signs of cognitive decline, brain plasticity allows our brains to keep working, developing, and learning. It's important that we protect our brain since it's the boss of our overall aging process. So let's talk a little about that.

Mental exercises

- Many conditions are just part of the “normal aging process”
- Goal is maintenance of good health to age as slowly and gracefully as possible.



GEHA.

Thu:

As we experience the world, practice habits, and learn new information, our brains change. They grow new connections and repair broken ones. As we age, our experiences and knowledge help to keep our brains working, developing, and learning. So exercise that brain! Join a class – we offer many! Pull out those crossword puzzles, word finds, and coloring books. Play music – or listen to your favorites and sing or dance along. Activities like reading, knitting or other crafts engage your mind’s creativity. And be social! Studies show that being social with friends and loved ones can keep your brain stimulated. You can even eat to keep your brain healthy....

Tip #2

Follow the MIND diet

Mediterranean-Dash
Intervention for
Neurodegenerative
Delay



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Thu:

Tip #2: Follow the MIND diet

Eating for the brain is a big tip – but I am going to walk you though it! You may have heard of the Mediterranean Diet. It has had numerous studies that have shown great health outcomes. You may have heard of the DASH diet, which stands for Dietary Approaches to Stop Hypertension. Both diets are good for the prevention and treatment of hypertension (or high blood pressure) and heart disease in general. They both have an emphasis on fruits, vegetables, whole grains, and lean meats, herbs and spices And are Low in red meat, added sugars, saturated fat, and salt. What's good for the heart is good for the brain. So The MIND diet is a combination of the two—The Mediterranean-Dash Intervention for Neurodegenerative Delay. The MIND diet has all the components of both diets but places a special interest on berries and leafy greens. Let me walk you though the MIND Diet and its key components.

Berries and leafy greens

Shop for more

- Fresh, frozen, or canned
- Berries and flavonoids
- Kale, spinach, collards



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Thu:

First those Berries and leafy Greens. Berries have flavonoids, a type of antioxidant which is also responsible for giving berries their brilliant hues. Research has shown that flavonoids help improve memory and in one study, women who consumed two or more servings of strawberries and berries each week delayed memory decline by up to 2.5 years! Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

Omega-3 fatty acids

Shop for more

- Shrimp and fatty fish
- Nuts and seeds
- Plant oils



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Thu:

Next, Omega-3 Fatty Acids

Omega 3's are healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid—the protein that forms damaging clumps in the brains of people with Alzheimer's disease. Shrimp and fatty fish, such as salmon, mackerel, tuna, herring, and sardines are abundant sources of Omega 3's. The recommendation is to eat seafood 2x week for optimal health benefits. Tear and eat packages of tuna and salmon make getting omega 3s onto your plate super easy. There's also brands that have prepared and ready to heat options that take the guess work out of preparing seafood, like Sea Cuisine. Omega 3s can also be found in Nuts and seeds such as flaxseed and chia. Walnuts are high in a type of omega-3 fatty acid called alpha-linolenic acid (ALA), which helps lower blood pressure and protects arteries-- That's good for both the heart and brain. Other plant-based options include plant oils such as flaxseed, soybean, canola and avocado oil. Of course, you can always eat avocados too!

Antioxidants

Shop for more

- Fruits and vegetables
- Tea, coffee, and wine
- Dark chocolate
- Spices



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Thu:

Antioxidants

Antioxidants reduce oxidative stress, or the imbalance between the production of free radicals and antioxidant defenses. Prolonged exposure to oxidative stress can cause cell damage—particularly to the brain. The good news is that recent studies have discovered that antioxidants may reverse some the symptoms of aging. Fruits and vegetables are great sources of antioxidants—fresh, frozen, and canned all count so choose what works for you! Remember, we want to pay particular attention to those berries and leafy greens but any colorful fruits and vegetables will also be high in antioxidants. You can also get antioxidants from tea (White, green, and oolong tea), coffee or even wine. One glass of either red and white wine may benefit the brain but much of the research has focused on a component only found in red—resveratrol, which may help protect against Alzheimer's disease. Of course, resveratrol is also found in red grapes, so if you're not a wine drinker, you can still get the antioxidant benefits from grapes. And, although wine does have those antioxidants, the key is moderation! That means one serving of alcohol for women and two for men. For my sweet toothers out there--Dark chocolate contains flavanols that can help improve memory and cognitive function! And finally, spices which are very high in antioxidants. At the top of our list, we have clove, ginger, turmeric, oregano, rosemary, and my favorite—cinnamon. Sprinkle cinnamon on your peanut butter, oatmeal, coffee, and baked goods to add more antioxidants into your day.

Choline

Shop for more

- Animal-based foods
- Cruciferous vegetables
- Kidney beans, nuts, seeds



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Thu:
Choline

Research shows the nutrient Choline (KO-lean) may fend off cognitive decline in old age because it plays a critical role in the creation and release of acetylcholine, a protein that carries signals among brain cells and is important for memory and other brain functions. Foods high in choline include animal-based foods like meat, poultry, fish, dairy products, and eggs. Keeping the MIND diet in mind, we want to opt for those lean sources of meat and poultry—such as 90% lean ground beef, turkey, and chicken breast. Look also for low-fat or fat-free dairy options. Cruciferous vegetables (broccoli, cauliflower, and Brussels sprouts) are also sources of choline. Keeping a bag of frozen broccoli or cauliflower is a great way to make sure you always have choline (and a veggie!) on hand. And Kidney beans, nuts, seeds, and whole grains are also sources of choline. When we eat a balanced diet, we meet our choline needs quite easily.

Probiotic live bacteria

Shop for more

- “Live active cultures”
- Dairy aisle
- In the aisles



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Thu:

Research shows that the gut and brain are connected too through the gut-brain axis. The two are linked through biochemical signaling between the nervous system in the digestive tract, called the enteric nervous system, and the central nervous system, which includes the brain. It's still too early to determine the exact role probiotics play in the gut-brain axis since this research is still ongoing. But what we do know is that what affects the gut often affects the brain and vice versa. Probiotics support a healthier gut so naturally, they would be good for our brains too! Probiotics, or those live good bacteria, are found in fermented foods. The dairy aisle is a go-to spot for those probiotics but really, you can find probiotics all over the grocery store! From yogurt, to drinks like juice, coffee, and soda, to cereal, to snacks like granola and chocolate, you really can find probiotics everywhere! And best of all – it's a major trend now, so you often see it right on the package as a selling point!

Prebiotic bacteria food

Shop for more

- High fiber foods
- Garlic, onions, bananas, artichokes, legumes
- Supplements



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Thu:

Prebiotics are simply food for the probiotic bacteria. Prebiotics are found in high fiber foods like fruits and vegetables and whole grains! Some food sources that may be higher in prebiotics include garlic and onions, bananas, artichokes, and legumes. Even supplements like good old Metamucil! Fiber also is good for the heart as it helps to lower that bad cholesterol!

Caffeine

Shop for more

- Coffee
- Tea
- Dark Chocolate



*Limit to 400 mg of Caffeine per day – check out podcast



GEHA.

Thu:

Finally - caffeine

When brewing your morning cup of coffee, not only are you waking up with that caffeine, you may also be boosting your brain health! Not only is caffeine a brain stimulant, it also blocks receptors for a chemical called adenosine, which normally prevents the release of excitatory brain chemicals. With adenosine out of the way from your caffeine, these brain-sparking chemicals can flow more freely-- giving you a surge of energy and potentially improving mental performance and slowing age-related mental decline. For my coffee and tea lovesr – here are three caffenin drinks my team swears by: Four Sigmatic Coffee has Lion's Mane mushrooms which are known for their Adaptogenic or health promoting properties which has been scientifically proven to support brain functioning, focus, and concentration. Don't worry it doesn't taste like mushrooms. LaColome is cold brewed and foamy – the most creamy and smooth coffee – its in the dairy aisle. HopTea is tea that is micro-brewed like beer – so its fizzy and HOPPY without the alcohol. Now we do want to keep that caffeine in check and limit your self to 400 mg a day if it makes you feel jittery – we have a podcast on this so you can learn more there! Finally Dark chocolate is another source! Do these food sources sound familiar? These items are also great sources of antioxidants! Win-win!

Balance is key

USDA's MyPlate

- ½ plate produce
- ¼ plate grains
- ¼ plate lean protein



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Thu:

I know we covered a lot in this tip, but the bottom line is – balance is key. All in all, to support a healthy brain, we just need to eat balanced! Eat a wide variety of foods with brightly colored produce, whole grains and lean meats! Let MyPlate be your guide!

Tip #3

Stay hydrated

Water percentage in parts of the human body

- Brain - 75%
- Blood - 83%
- Heart - 79%
- Bones - 22%
- Muscles - 75%
- Liver - 85%
- Kidneys - 83%



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Thu:

Tip #3: Stay Hydrated

Our bodies are made up of over 60% water – every organ in our bodies need it to survive! And to add to that – some medications need plenty of fluids to work properly. With age, we can lose some sense of thirst – so its particularly important that we pay attention to our hydration.

Hydrate to feel great

Shop for more

- Water
- Fruits and vegetables
- Soups
- Cottage Cheese



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Thu:

Water is one of the best ways we can add fluids to your daily routine without adding calories. This can be sparkling, flavored or even plain old tap water. But some food choices also offer hydration including fruits (melons especially), vegetables, soups and cottage cheese (80% water)! Again its important to stay hydrated, so if you are struggling to meet your needs - which is about 8 cups a day, try to: Set water goals with a water bottle, Drink a full glass of water when you take your vitamin or any medication. Have a glass of water before and after you exercise. Which leads me to my next tip...

Tip #4

Keep moving

- Inactivity is risky
- Lack of physical activity can lead to more doctor visits, hospitalizations, and increased medication usage



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Thu:

Tip 4 is to keep moving!

As we get older we think about slowing down BUT studies show that “taking it easy” is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Exercise benefits mind and body

- Aim for 30 minutes per day
- Endurance: aerobic or cardio activities
- Strength: weights or resistance training
- Balance: movements that involve poses
- Flexibility: stretching activities
- Start where you are!



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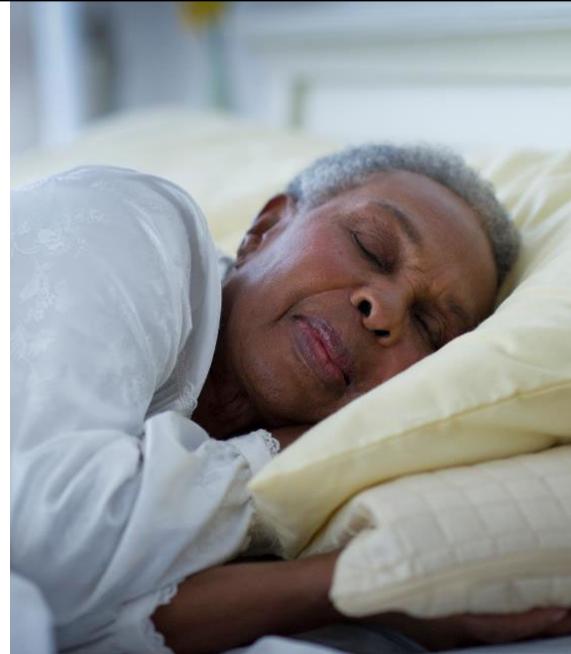
Thu:

The AHA recommends aiming for about 30 minutes of movement per day. Most people tend to focus on one type of exercise or activity and think they're doing enough. But research has shown that it's important to get all four types of exercise: endurance, strength, balance, and flexibility. Each one has different benefits. BONUS: Doing one kind also can improve your ability to do the others, and variety helps reduce boredom and risk of injury. Lets walk through those. Endurance activities are aerobic or cardio workouts that increase your breathing and heart rates. These activities improve the health of your heart, lungs, and circulatory system. So think brisk walking, swimming, biking, or even yard work. Strength Activities are when we use weights or bands and do resistance training that improves your muscular strength and makes everyday activities easier. Its essential in preventing falls as we age. Women in particular lose muscle mass starting in our 40's, so don't skip this one! Balance exercises are movement exercises that involve poses- like standing on one foot, heel to toe walking, and even tai chi which involved shifting the body slowly and precisely. These help prevent falls. Many lower-body strength exercises also will improve your balance. Flexibility exercises are those that stretch your body to make it easier to move freely to touch your toes and tie your shoes, l or look over your shoulder to back out the driveway. Yoga poses are great – but there are a lot of free Apps Like FitOn that have 10 minute stretches! Do this everyday when you wake up for a good start to your day! Let me end this tip by saying... There is no right or wrong way to get your movement in. So start where you are and practice exercises that you enjoy.

Tip #5

Sleep

- Aim for 7-9 hours of sleep nightly



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Thu:

Tip number 5 is to aim for 7-9 hours of sleep every night.

Insomnia is the most common sleep problem in adults age 60 and older.

Lack of sleep can make us feel irritable, cause memory problems, feelings of depression and increases our likely hood of falls or accidents as we get older. So lets talk about how to get more – and better - sleep!

Sleeping tips

- Follow a regular sleep schedule
- Avoid napping
- Develop a routine
- Have good sleep hygiene
- Exercise and eat earlier
- Watch caffeine and alcohol



GEHA.

Thu:

Here are some ideas: Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends or when you are traveling. Avoid napping in the late afternoon or evening. Develop a bedtime routine. Take time to relax before bedtime each night. Read a book, listen to soothing music, or soak in a warm bath. Have good sleep hygiene which means your bedroom atmosphere basically. Avoid electronics like TV, cell phones and tablets – especially in bed. The light from these devices may make it difficult for you to fall asleep and the stimulation makes it hard to calm down. Keep your bedroom at a comfortable temperature and as quiet as possible. Use low lighting in the evenings and as you prepare for bed. Exercise and eat at regular times each day but not within 3 hours of your bedtime. Avoid eating large meals close to bedtime—they can keep you awake or cause indigestion and heartburn which will keep you up. Watch caffeine late in the day and remember alcohol may help you fall asleep but it makes it harder to stay asleep. There are foods that help with the production of serotonin, our happy hormone that also helps to regulate sleep, so let's talk about those! These foods include lean protein like in cottage cheese, complex carbs like popcorn and those omega-3s found in nuts. Even a sleepy time herbal tea can help!

Tip #6 Know your numbers

CBC – Complete Blood Count

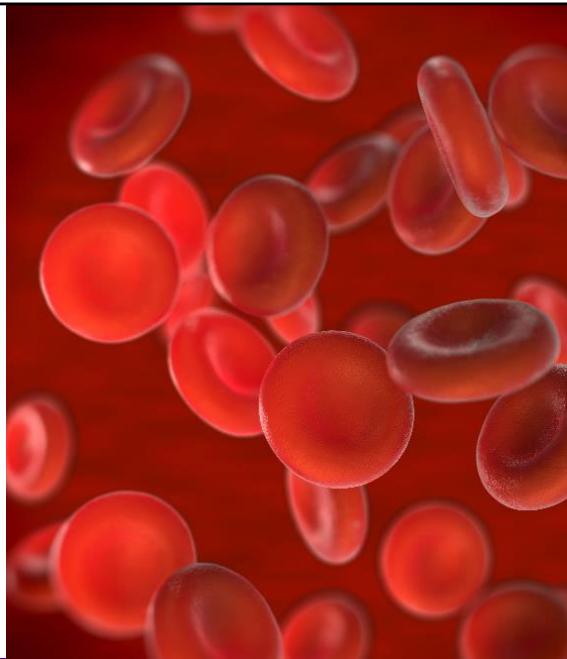
- Red blood cells

BMP – Basic Metabolic Panel

- Electrolytes
- Blood glucose
- Kidney function

CBC – Complete Blood Count

- BMP +
- Liver Function
- Bone Metabolism



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Thu:

Tip 6 is Know Your Numbers

Knowing if your numbers are high or low can help you stay on track or change course before it's too late! 4 common "panels" in laboratory blood testing include: Complete Blood Count (CBC) which is a collection of tests related to the cells in your blood to check for anemia. Basic metabolic panel (basic electrolyte panel) often referred to as a "chem-7," to check for medication side-effects, kidney function, and Glucose levels.

Blood glucose test : used to test for diabetes. The U.S. Preventive Services Task Force recommends a blood glucose test for adults between the ages of 40 and 70 who are overweight or obese. The hemoglobin A1C test can also be used as part of an evaluation for possible diabetes or pre-diabetes. High numbers can be treated with a medication, such as metformin. They can also be reduced by dietary changes.

Comprehensive metabolic panel (CMP) sometimes referred to as a "chem-14" panel to check Calcium levels, liver function and bone metabolism. Lipid (cholesterol) panel which measures the different types of cholesterol and related fats in the bloodstream to check cardiovascular risk. Higher than normal total or LDL cholesterol levels are sometimes treated with a medication, such as a statin. They can also be reduced by dietary changes. May also do A thyroid panel which is a group of tests that may be ordered together to help evaluate thyroid gland function and to help diagnose thyroid disorders. Thyroid problems are common in older adults (especially older women), and are associated with symptoms such as fatigue and cognitive difficulties. always request a copy of your laboratory results – so that you can provide that information to doctors who may be outside your network of sharing.

Tip #7 Develop healthy habits

- Reduce stress
- Maintain a healthy weight
- Treat your treats like treats
- Wear sunscreen
- Get vaccinated
- Mind your meds



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Thu:

Tip #7 is to Develop Healthy Living Habits

Work on Reducing Stress— if you are getting enough sleep and exercise – this can help! Meditation is also quick and effective way to reduce anxiety, depression, fatigue, and confusion. Just 5-10 minutes a day can have a huge impact on your mental health. Maintain a health weight - As you grow older, if you continue eating the same types and amounts of food but do not become more active, you will probably gain weight. That's because your metabolism slows with age, and your body composition (amount of fat and muscle) may be different from when you were younger. Treat treats like treats - physiological changes in the taste buds and reduction in the number of tastebuds, can affect taste sensations which makes us seek sweet or salty foods over blander foods. When we eat more foods with empty calories it can affect our weight as well as our glucose and cholesterol numbers. So, limit treats to 1-2x week and keep those portions in check. Wear sunscreen – preferably ones that are mineral based with zinc oxide. Talked to a dermatologist on our podcast and this was her number one tip for younger healthier skin! Get your Vaccines – yes of course your flu shot but also vaccines for pneumonia, shingles and the Td Booster. Talk to your Giant pharmacist or physician about when its right for you – some vaccines like the COVID vaccines haven't been studied for interactions, so you may need to space them accordingly. Vaccines keep you healthy and prevent disease – which we know can cause premature aging! Mind your Meds – these help to keep your numbers under control – but there are dangers as well. Make sure you take them as prescribed, make sure your pharmacist and doctor know all the medications you are taking – both prescribed and over the counter. Most pharmacies will do a free medication check for interactions or doses. We offer this service at Giant. Well that's going to be a wrap – lets review those tips one more time. And get to those questions!

7 tips for aging gracefully

- 1) Keep an active brain
- 2) Follow the MIND diet
- 3) Stay hydrated
- 4) Keep moving
- 5) Aim for 7-9 hours of sleep
- 6) Know your numbers
- 7) Develop healthy habits



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Thu:

That is going to be a wrap for us today – here are all of our tips together! I challenge you to start using these as you approach your shopping and eating! As you review these - which ones do you think you can incorporate?

Your shopping list

Beverages

Artie Cabernet Sauvignon
Cameron's Specialty Coffee
Four Sigmatic Ground Coffee
LaColombe
HopTea
Celestial Seasonings Tea
LaCroix Sparkling Water
Hint Water
GoodBelly Probiotic Juice
LIVE soda
VitaCup Infused Coffee

Meat/Seafood

SeaCuisine
Starkist Tear and Eat Pouches
90% lean ground beef or turkey
Eggs
Shrimp and Fatty Fish

Produce

Bowery Farming
Bright Farms®
Green Giant Riced Veggies
Leafy greens and berries

Complex Carbs

Arrowhead Red Lentils
Barilla Chickpea Rotini Pasta

Snacks & Treats

Barnana Dipped Banana Bites
Nature's Promise Lightly
Salted Popcorn
KIND Strawberry Clusters
Chobani yogurt
CORE Bar
Mariani Probiotic Dried Fruit
Good Culture Cottage Cheese
Campbells Well Yes Soups



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Thu:

Here is your list of the products we reviewed today – reach out for a PDF of the list or feel free to take a screen grab. These are just a handful of options – a store tour can be helpful to learn more. Or listening to our try something new podcast can introduce you to the news items on the shelf! today's shopping list is filled with stars and leaves so you know its best for ME and Best for WE. As you review the list - which products were most interesting? were you surprised by any of the brands?

WHERE you want it, WHEN you want it!



GiantFood.com/Nutrition

- Nutritionists, classes and more



Healthy living by Giant

- Facebook group



Nutrition made easy! podcast

- Online or smartphone app



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Thu:

Thank you so much for joining me today – I hope I was able to make eating and shopping to age gracefully a whole lot easier! Before we go I wanted to share how you can connect with our team! We offer a wide variety of free services which you can access on giantfood.com/nutrition. Our Facebook Group – Healthy Living by Giant is a go to spot for day-to-day inspiration and fun. And our podcast is easy to take with you when you're on the go. If you enjoyed learning the stories behind these foods - odds are we took a deeper dive on the podcast. It's a 25 minute conversation with us and experts in all areas of Healthy Living. Again, thank you – I know many of you have busy schedules so sign out if you have to – but if you have a question or want to continue the conversation, I'll stay on for a while. For those of you heading out - have a great rest of your day!

GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Real Appeal weight management program
 - Learn more at geha.com/Elevate-Rewards
- All GEHA benefit plans
 - Healthy recipes, health and wellness articles
 - Visit geha.com/Blog
- GEHA website for benefit information geha.com



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Coletta:

Just as Giant is here to support you in pursuing your nutrition goals, GEHA can support you as well. On this slide, you'll find a list of GEHA member resources and benefits for your nutrition needs. With our Elevate or Elevate Plus plans, you have access to the Rally digital health platform, which offers nutrition missions that can help you earn rewards to use on qualifying medical expenses or discounts on movie tickets, clothing and other fitness items. Rally also offers online nutrition coaching; some of these coaching programs include Weight Wellness, Fit for Life, and Eat Smart. Another resource for GEHA's Elevate or Elevate plus members is the Real Appeal weight management program. You can learn more about these offerings at geha.com/elevate-rewards. For all GEHA benefit plans, visit geha.com/blog for healthy recipes and health and wellness articles. Lastly, visit geha.com for additional benefit information. Ok let's get to those questions.

Q&A



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GEHA.

Thank You

At GEHA, we exist to empower our members to be healthy and well. For all of us here at GEHA, that is our singular focus. At times like this, when your path toward health and well-being is potentially at risk, that's when it's most important that we do what it takes to be your trusted partner.

For more information

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 /gehahealth  /company/gehahealth

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Coletta:

Again, I would like to thank Thu for your time today.

Thu:

Well thank you so much, Coletta. I appreciate you having me here today. For those of you who have other questions or you want to reach out to a nutritionist, you can always head to our website (GiantFood.com/nutrition) or email us at nutrition@giantfood.com

Coletta:

Before we end this webinar, I want to bring your attention to the survey resource box on the screen. Please take the time to complete this quick 5 question survey. The results will help us plan and grow our wellness webinars to provide you with the information you are looking for. Lastly, as a reminder, all attendees will receive an email with a link to the recorded webcast along with a copy of the slides. At this time, the webinar has ended, you may log off. Our team will stay online answering questions through the Q&A box until 1pm eastern time. If we do not get through your questions, you may visit giantfood.com and find a nutritionist near you or email them at nutrition@giantfood.com. They are more than willing to help. Thank you and have a great day.