

Wellness Beyond the Numbers

- 87+ years, started by Railway Mail Carriers
- 2+ million members worldwide
- One of the largest carriers in the FEHB
- Exclusively Federal / Postal / Annuitants
- Extensive nationwide network of doctors, dentists, hospitals and other providers
- Your friend in federal



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 webinars@geha.com

Agenda

- Why look beyond the numbers
- Dimensions of wellness
- Finding balance
- Resources
- Questions





What is wellness?

- The Global Wellness Institute defines wellness as “*the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.*”
- Two important aspects:
 - Not a passive state, but an **active** pursuit
 - Goes beyond physical health and includes many dimensions that work in harmony

Source: [What is Wellness](#)

What is wellness?

"Wellness is an individual pursuit – we have self-responsibility for our own choices, behaviors and lifestyles – but it is also significantly influenced by the physical, social and cultural environments in which we live."

Source: [What is Wellness](#)





Resources

Support for caregivers

Caregiver Action Network

<https://www.caregiveraction.org/>

Family Caregiver Alliance

<https://www.caregiver.org/>

Food assistance by state

FoodFinder

<https://foodfinder.us/>

(There is also a phone app)

FreeFood.org

<https://www.freefood.org/>

Mental health information

National Alliance on Mental Illness (NAMI)

<https://www.nami.org/>

- *New parents, maternal health, family members and caregivers, Veterans and active duty, identity and cultural dimensions, kids, teens, young adults*

PFLAG (local chapters to support the LGBTQ+ community)

<https://pflag.org/>



Dimensions of wellness



- **Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.
- **Mental:** Engaging in the world through learning, problem-solving, creativity, etc.
- **Emotional:** Being aware of, accepting and expressing our feelings and understanding the feelings of others
- **Spiritual:** Searching for meaning and higher purpose in human existence
- **Social:** Connecting and engaging others and our communities in meaningful ways
- **Environmental:** Fostering positive interrelationships between planetary health and human actions, choices and well-being

Source: [What is Wellness](#)



Physical wellness



Am I moving and exercising consistently?



Am I eating whole, nutritious foods in the right portions for my body?



Am I adequately hydrated and getting sufficient sleep?



Am I staying on top of preventive health checkups?



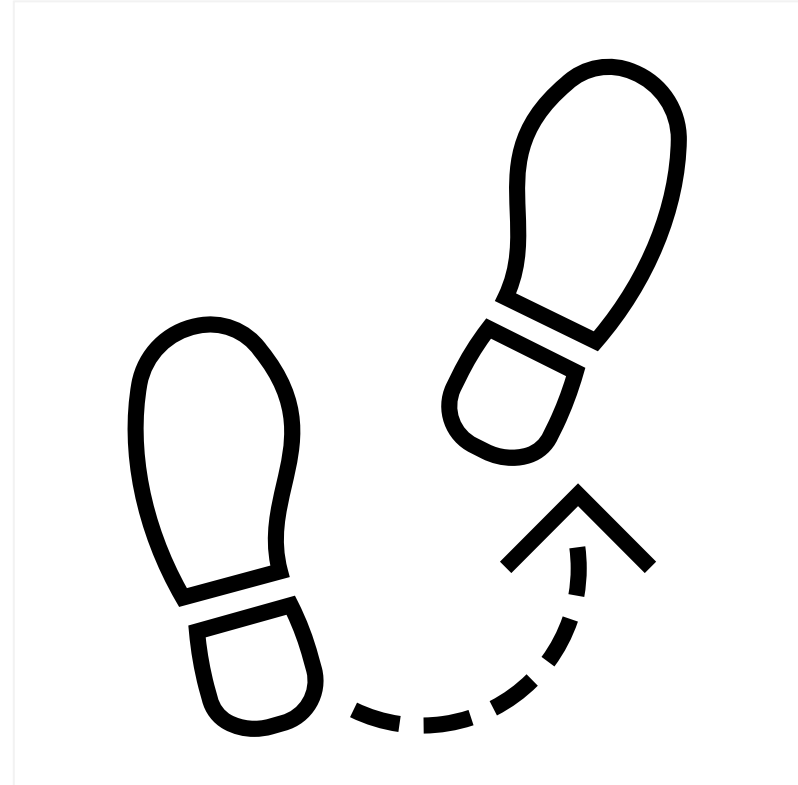
Am I truly listening to my body and responding to its needs?



Physical wellness

Ways to improve:

1. Take a nutrition class or meet with a dietitian
2. Consider ways you can move your body
3. Challenge yourself to drink more water
4. Focus on your sleep environment and getting adequate sleep
5. Stay on top of your preventive health checkups
6. Listen to your body's needs
7. Consider working with a health coach
8. Get assistance for basic needs such as food and shelter (see earlier slide)





Mental wellness



Do I engage in activities that increase my education?



Do I have hobbies that expand my knowledge in life?



Do I engage in reading, puzzles or intellectual discussions with friends and/or colleagues?



Am I striving for growth in this area?



Mental wellness



Ways to improve:

1. Take up a new hobby
2. Learn to play an instrument or a new language
3. Engage in crossword puzzles
4. Put a puzzle together



Emotional wellness



Am I able to understand and manage my emotions?



Do I understand where my emotions are coming from and what may have triggered them in the first place, or do I tend to deny, suppress or allow them to control me?



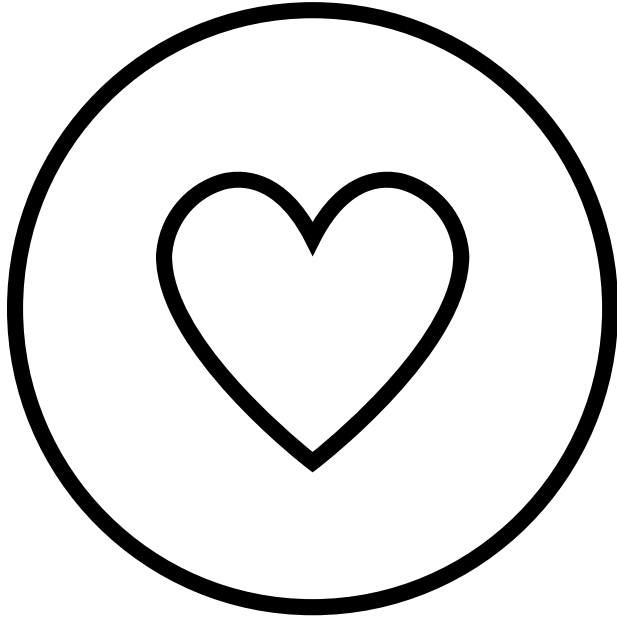
Do I feel and show empathy for myself and others?



Am I able to recognize negative thought patterns and reframe them, or do I tend to disassociate?



Emotional wellness



Ways to improve:

1. Strengthen your self-awareness
2. Learn self-regulation
3. Practice self-compassion, self acceptance
4. Practice gratitude
5. Consider counseling with a mental health professional
6. Practice meditation and mindfulness
7. Consider your employer's EAP program (if applicable)



Spiritual wellness



Do I feel connected to something bigger than myself?



Do I act according to what I believe is right?



Do I know what gives my life meaning?

Spiritual wellness



Ways to improve:

- Help others by volunteering
- Give to a charity that helps people
- Be thankful for what you have
- Try meditation to relax and clear your mind
- Spend time outside and enjoy nature
- Pray or join a group that shares your beliefs
- Look into your job's wellness program (if applicable)



Social wellness



Am I able to relate and connect with other people in the world?



Am I able to establish and maintain positive, supportive relationships with family, friends, children, co-workers, groups, etc.?



Do I generally feel socially connected like I belong?



Do I have good interpersonal communication skills?

Social wellness

Ways to improve:

1. Start with yourself and practice self compassion
2. Develop your communication skills
3. Practice forgiveness
4. Get involved with your community
5. Consider your employer's EAP program (if applicable)





Environmental wellness



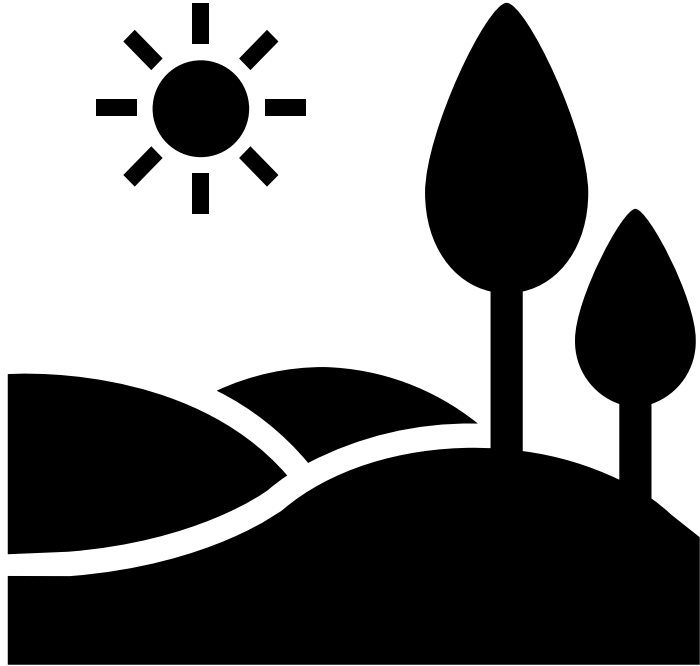
How far away do you have to travel for healthy, whole foods



Consider the spaces where you work and learn – are they safe and healthy?



Consider the area/space you live in (home, community, etc.)



Environmental wellness

Ways to improve:

- Bring nature into your home or workplace
- Think about recycling
- Join a group that cares about the environment
- Look into your job's wellness program (if applicable)



Recap





GEHA member resources

- Elevate and Elevate Plus plans
 - Rally digital health platform
 - Learn more at geha.com/WellnessPays
- High, Standard and HDHP plans
 - GEHA Well-being portal
 - Learn more at geha.com/HealthRewards
- All GEHA plans
 - Healthy recipes and health and wellness articles
 - Learn more at geha.com/geha-blog
- GEHA website for benefit information geha.com

Thank you

Scan the QR code to
register for future events



For more information



geha.com | geha.com/Blog

This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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.

© 2024 Government Employees Health Association, Inc. All rights reserved.

GEHA Government Employees
Health Association

Thank you

Scan the QR code to
register for future events



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

For more information



geha.com | geha.com/Blog

This is a brief description of the features of Government Employees Health Association, Inc.'s medical plans. Before making a final decision, please read the GEHA Federal brochures which are available at geha.com/PlanBrochure. All benefits are subject to the definitions, limitations and exclusions set forth in the Federal brochures.

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.

© 2024 Government Employees Health Association, Inc. All rights reserved.

GEHA Government Employees
Health Association