

FEHB HEALTH & WELLNESS INCENTIVES

Federal Employees Health Benefits Program

Extra! Extra! Read all about the health and wellness benefits and incentives that are available to you and your enrolled family members simply for being a valued member of the FEHB Health Insurance Plan!

Did you know that most all insurance carriers who participate in the FEHB program offer access to a variety of tools and resources to help you and your loved ones achieve and maintain healthy habits and lifestyles? For example, BlueCross BlueShield, Government Employees Health Association (GEHA) and the National Association of Letter Carriers Health Benefit Plan (NALC) all offer some level of incentive for members to complete annual health screenings. Many carriers also offer discounts on gym memberships, diet and tobacco cessation programs, online health coaching, and care management.

Listed on the next page are just a few examples of the available “extras” offered by health plans that are often overlooked. Please refer to your specific plan brochure, website, or contact the Customer Service number on the back of your ID card to inquire about what additional benefits may be available to you. Items such as wellness incentives put money back into your pocket. Discounts and complementary services are also available.



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BlueCross BlueShield Incentives

- Blue Health Assessment \$50 Award – complete online questionnaire, receive a personalized health score & plan to improve
- Online Health Coach to support you and earn additional dollars with successful completion of goals like exercise, stress management
- Blue365® - Access to discounts for health club memberships, diet plans, fitness equipment and more
- Discount Drug Programs – save up to 24% for drugs not covered by the plan
- Maternity Wellness Program - includes breast pumps, blood pressure monitoring, 8 mental health visits at no additional cost
- Diabetes Management Program offered through Livongo – earn up to \$100
- Tobacco Cessation Program

Learn more at fepblue.org/healthtools

Government Employees Health Association (GEHA) Incentives

- The High Deductible Health Plan includes generous vision benefits for exams and materials
- Earn up to \$250 on a wellness card for completing simple health screenings
- Select Gym memberships with no annual fees or long-term contracts or receive discounts at over 11,600 locations nationwide
- Maternity discounts on breast pumps

Visit <https://www.geha.com/> and select the 'Healthy Living' drop down menu at the top of the page.

National Association of Letter Carriers Health Benefit Plan (NALC) Incentives

- Diabetes Health Management Programs
- Alternative Benefit Options are available in certain circumstances, even if treatment would typically not be covered under the plan
- Health Assessment reward of \$20 and enrollment in a dental discount program for the remainder of the year. Other rewards for meeting certain goals (flu shot, annual screenings) are also available.
- Discounts on gym memberships, lifestyle and health equipment
- Musculoskeletal Program offers online coaching and therapy for acute and chronic pain management
- Tobacco Cessation
- Weight Management

Find more at <https://www.nalchbp.org/> and click on the 'Healthy Rewards Member Discounts' under the Quicklinks box.

