



Finding Balance

- ▶ 84+ years, started by Railway Mail Carriers
- ▶ 2+ million members worldwide
- ▶ 2nd largest FEHB membership
- ▶ Largest dental membership in FEDVIP
- ▶ Exclusively Federal / Postal / Annuitants / Military retirees
- ▶ Extensive nationwide network of doctors, dentists, hospitals and other providers
- ▶ We want you to Choose Possible

Today's presenters



Brian Sperling

Wellness Presenter – Senior Account Manager

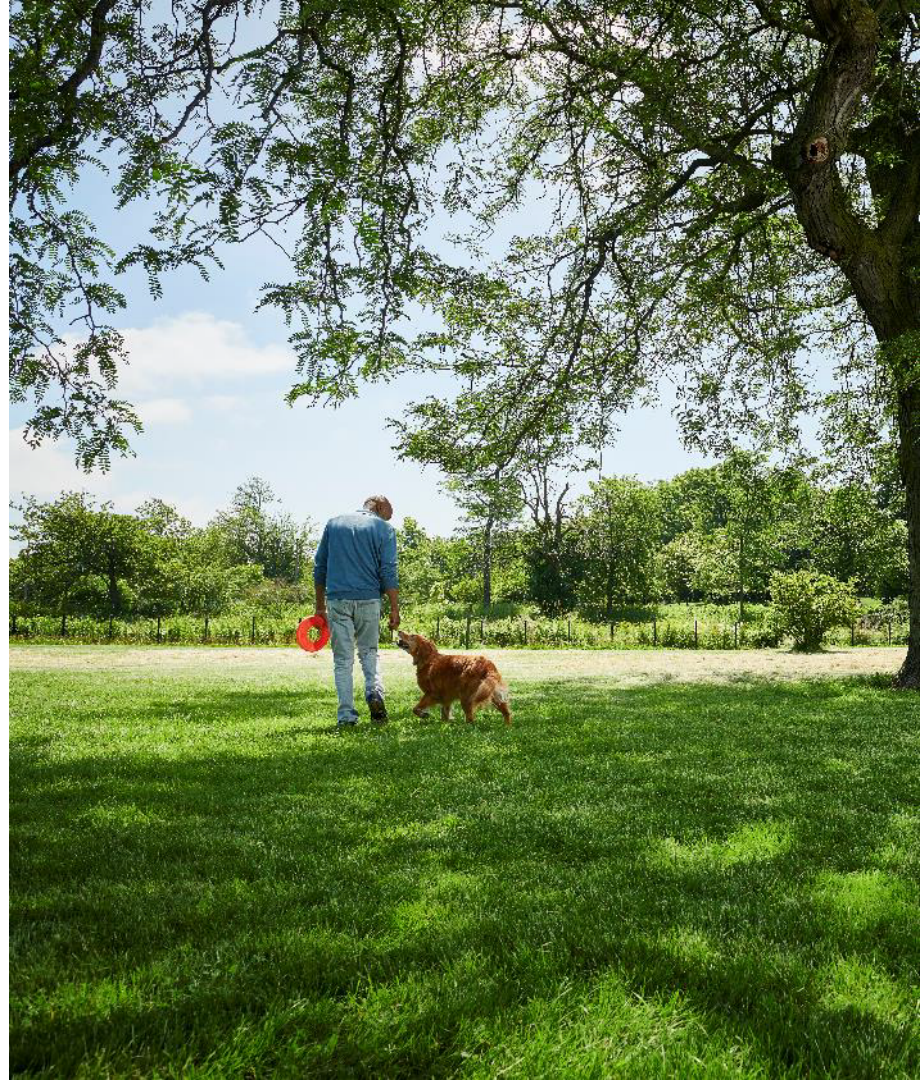


Agenda

- ▶ Improving Well-being
- ▶ Dimensions of Wellness
- ▶ Finding balance
- ▶ Resources
- ▶ Questions

What is well-being?

- ▶ State of being happy, healthy, or prosperous
- ▶ This is the ultimate goal
- ▶ Improving wellness improves well-being



What is wellness?

- ▶ “Wellness is an active process through which people become aware of, and make choices toward, a more successful existence”
- ▶ It is multidimensional and holistic
- ▶ Pursuing wellness involves balancing and intertwining of the dimensions





Occupational wellness



- ▶ “Personal satisfaction and enrichment in one’s life through work”
- ▶ Achieved through selection of an occupation that:
 - Aligns with your personal values, interests, and beliefs
 - Welcomes your personal contributions and growth

Emotional wellness



- ▶ “Awareness and acceptance of one’s feelings”
- ▶ Components:
 - Self-esteem
 - Capacity to manage one’s feelings (stress, anger, autonomy)
 - Recognizing the feelings of others and responding accordingly

Social wellness



- ▶ “Contributing to one’s environment and community”
- ▶ Contributions:
 - Healthy interpersonal relationships
 - Working towards common welfare of the community

Physical wellness



- ▶ “Combination of good exercise and eating habits”
- ▶ Additional considerations:
 - Avoidance of drug/alcohol/tobacco consumption
 - Medical self-care and use of medical system
 - Learning to listen to your body and what it needs

Financial wellness



- ▶ “Financial security and cost-effective spending to where investments are purposeful and fulfilling”
- ▶ Achieved through:
 - Effective budgeting
 - Meeting basic needs for living
 - Investing in fulfilling endeavors (charity, children, schools, etc.)

Spiritual wellness



- ▶ “Developed sense of meaning and purpose for one’s life”
- ▶ Defined by:
 - Ethics, values, and morals that guide you
 - Appreciation of the scope of the universe
 - Openness to the world view of others

Intellectual wellness



- ▶ “Expansion of knowledge and skills while discovering the potential for sharing your gifts with others”
- ▶ Examples:
 - Continuing education
 - Reading, puzzles, etc.
 - Intellectual discussions with friends/colleagues

Environmental wellness



- ▶ “Immersion into and appreciation of surroundings while ensuring personal safety”
- ▶ Components:
 - Basic need of shelter
 - Harmony between you and nature
 - Safety in your community
 - Biophilia

Intertwined dimensions



Finding balance

- ▶ Dimensions are intertwined
- ▶ Lacking in one dimension can be a detriment to others
- ▶ Broader perspective:
 - Personal
 - Community
 - Worksite



Personal, worksite, and community life

▶ Your personal life includes components:



▶ Your worksite life includes components:



▶ Your community life includes components:



Improve well-being



Q&A



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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