

# MEETINGS and services

## Wellness program guidance

Let us guide you step-by-step through your program and show you how to improve employee engagement, satisfaction and productivity. This service also comes with resource materials and event planning for your wellness fairs.

## Service call

This is a short visit to maintain contact, answer any questions and ensure your agency has ample supplies regarding health benefits.

## Information booths

Staffed by a Group Consultant, an info booth provides a quick stop for members who have questions about health benefits.

## Group meetings

These meetings give your group a general overview of the Federal Employees Health Benefits (FEHB) Program and benefits.

## New employee orientation

Newly hired employees have unique concerns. This orientation helps get them up to speed on their employee benefits.

## Pre-retirement seminar

This is an opportunity for federal employees who are planning for retirement or are close to retirement to get all the necessary information about retirement/benefits as a federal employee.

## Health education meetings

If you want information about health issues or health engagement, this meeting is for you. Session options include, but are not limited to, fitness fairs, nutrition, stress management and hypertension.

## Open Season meetings

These lively and engaging meetings, held between late October and early December, can include health benefits fairs, flu shot clinics and group meetings related to benefits updates.

 **BlueCross.  
BlueShield.**  
Federal Employee Program.



Sign up today!

Contact your Group Consultant  
to learn more.

**WE'RE HERE FOR YOU**

 **BlueCross.  
BlueShield.**  
Federal Employee Program.

[www.fepblue.org](http://www.fepblue.org)



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## Tap into your team

At Blue Cross and Blue Shield, we value our FEP members' health and wellness. Did you know there is a whole suite of wellness seminars created just for federal employees? Whether you have a specific health concern you'd like us to cover, such as diabetes, or simply want to offer information and tips on how to stay healthy, we have a program that's right for your agency – and it comes at no additional cost.

We also offer informative, on-site group meetings and services to help employees make the most of their benefits – including Open Season meetings, new employee/pre-retirement orientations and more.

## Sign up today!

**Contact your Group Consultant to learn more.**

# HEALTH AND WELLNESS seminars



### Disease Management

- + Diabetes
- + High Blood Pressure
- + Obesity

This seminar covers three major health challenges that can have an impact on the overall quality of your life: diabetes, high blood pressure and obesity. Learn how to self-monitor diabetes, blood pressure and signs of obesity.

### Stress Management

- + Meditation
- + Sleep Deprivation
- + Balancing Time: Work & Personal Life

This program provides an introduction to mindfulness. It teaches you how to practice concentrated focus and breathing techniques to reduce stress.

### Total Health and Prevention

- + Women's and Men's Health
- + Tobacco Use
- + Workplace Safety

Here's a chance to learn more about your health and how to proactively seek doctor visits for wellness checkups.

### Weight Management

- + Healthy Weight Loss
- + Chronic Diseases
- + Healthy Eating

Learn how to safely lose weight and use nutrition and diet to help manage chronic diseases.

### Nutrition

- + Food Labels
- + Portion Control
- + Eating Out

This session is very interactive and provides a good understanding of why we eat food and what type we should eat. You'll learn how to use labels to make better choices and get tips for portion control and eating out.

### Exercise

- + Desk Exercise
- + Healing Movement
- + Walking

This seminar teaches you how to move your body with a purpose to lose weight, gain emotional wellness and maintain total health.