

GET EDUCATED FROM A TO Z WITH FEP



Wellness

Emotional Health

- Mental Health and Well-Being
- Stress Management through Practical Times

General Wellness

- Wellness Resources
- Heart-Healthy Living

Chronic Conditions

- High Blood Pressure
- Low Back Pain
- Diabetes Prevention and Management

Food

- How to Use Food Labels to Better Your Health
- Understanding Organics
- Healthy Grocery Shopping on a Budget
- Turn Down the Pressure



Benefits

One-on-One Employee Sessions

Employees with special situations and extensive benefit questions get individualized attention in a private location of your choosing. Advance notice gives attendees time to gather questions and any relevant documentation (such as claims and benefit statements) beforehand.

Benefits Overview for New Employees

Designed to help new hires make an informed benefits choice, an overview of the Federal Employees Health Benefits (FEHB) Program will be presented, including insurance terms, benefits, and enrollment information.

FEHB + Medicare Coordination

Employees nearing retirement learn how FEHB health insurance and Medicare work together, including detailed explanations of Medicare Parts A, B, C, and D.



Self-Serve Self-Care

Want to learn on your own? Here's a list of handouts to dig a little deeper.

- Have a Heart
- My Medications
- Shake the Salt Habit
- Sleep from A to ZZZzzzzzz
- Small Steps – Big Rewards
- Sun Safe
- Your Aching Feet

Your FEP Account Manager also has access to a large library of wellness media. To find out more or to schedule an in-person session, email or call your representative for more details.

Please contact your Account Manager to schedule a seminar.

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