Simple Steps to Living Well Together

2016 Wellness Benefits and Incentive Rewards

AMERICAN FOREIGN SERVICE PROTECTIVE ASSOCIATION
FOREIGN SERVICE BENEFIT PLAN
Caring for Your Health Worldwide®
ACHIEVING AND MAINTAINING GOOD HEALTH
IMPORTANT STEPS FOR YOUR WELL-BEING

The **FOREIGN SERVICE BENEFIT PLAN** has designed a wellness program, *Simple Steps to Living Well Together*, to help you identify your health risks and achieve your health goals. The program includes three simple steps — and you can earn rewards along the way.

1. **Take a Health Risk Assessment**
   Reward: $100 gift card

2. **Complete a Biometric Screening**
   Reward: $100 gift card

3. **Complete a “Healthy Action”**
   Reward: $50 Wellness Incentive Account credit

**FOREIGN SERVICE BENEFIT PLAN**

**Wellness Programs**

Surround You with Care

- Digital Coaching
- Tobacco Cessation
- myStrength Program
- Telephonic Health Coaching
- Weight Management Program
- Massage Therapy
- Mediterranean Wellness Program
- Virtual Lifestyle Management
- TherapEase Cuisine

---

2
STEP ONE: HEALTH RISK ASSESSMENT

A Health Risk Assessment (HRA) is like an interview you take online. It is not that much different from the questions your doctor would ask during an annual checkup. You share information about your health habits and history. Then, you get a personalized health summary that can help you understand your health needs.

Once you know your health needs, you can set meaningful goals for yourself. Whether you need to lose a few pounds, quit smoking, improve your diet, or manage your overall health more effectively, the wellness tools from FSBP can help you achieve your goals.

Take your Health Risk Assessment

1. Visit www.AFSPA.org/FSBP
2. Select My Online Services and log on or register
3. Select Wellness Tools » WellBeing Solutions » Let’s Get Started
4. Complete your free assessment

Immediately after you complete the HRA, you can redeem your reward: select the Trophy Icon » My Rewards » Redeem Rewards. Choose a gift card from a variety of merchants/retailers. Once you order your gift card, please allow 4 – 8 weeks for it to be delivered. You can obtain this reward once per year, so why not do it today?
A Biometric Screening includes measurements of physical characteristics such as height, weight, body mass index, blood pressure, blood cholesterol, blood glucose, and aerobic fitness. It serves as a benchmark and can help evaluate changes in health status over time.

You can obtain a Biometric Screening at a Quest Diagnostics Patient Service Center (PSC), or you can obtain the screening from your physician by having your physician complete a Biometric Screening Physician Results Form and submitting it to Quest Diagnostics. A Biometric Screening obtained through your physician is generally done during a routine physical examination.

Register for your Biometric Screening

Start by locating a PSC or printing a copy of the Biometric Screening Physician Results Form to take to your physician (visit my.questforhealth.com and enter the registration key: aetnafsbp2016 for locations and the form). After your screening is complete, we will send you the results to help you better understand your health risks.

Then, 4 – 6 weeks after you submit your Biometric Screening, you can claim your reward:

1. Visit www.AFSPA.org/FSBP
2. Select My Online Services and log on
3. Select Wellness Tools ▶ WellBeing Solutions ▶ Click on the Trophy Icon
4. Select My Rewards ▶ Redeem Rewards
5. Choose a gift card from a variety of merchants/retailers.

Please allow 4 – 8 weeks for your reward to be delivered. You can obtain this reward once per year. You must complete the Succeed Health Risk Assessment (Step One) in order to be eligible for this reward.

Note: The gift card incentives may have tax implications. Please consult with your tax advisor.
Once you have completed the Health Risk Assessment and Biometric Screening steps, you are eligible to earn a Healthy Action reward. A Healthy Action is obtaining a routine preventive exam or participating in any of the following programs:

- Digital Coaching Program
- Disease Management Program
- Mediterranean Wellness Program
- Virtual Lifestyle Management Program
- Weight Management Program
- Diabetic Education or Training
- Nutritional Counseling
- TherapEase Cuisine
- Health Coaching Program (Tobacco Cessation, Weight Management, Exercise, Nutrition, Stress Management)
- Cancer Management Program
- Healthy Pregnancy Program

Start participating today

Several of these benefits and programs are summarized on the following pages. For more detailed information, review the Plan’s Brochure in Section 5(a) Educational classes and programs and Section 5(h) Special features. In addition, you can:

1. Visit www.AFSPA.org/FSBP
2. Select My Online Services and log on
3. Select Wellness Tools  ▶  WellBeing Solutions  ▶  Resources
4. Choose the program(s) that will benefit you the most.

All of these programs are available to you, but you can only earn one $50 credit.

Your $50 Wellness Incentive Account credit can help reimburse you for some medical costs, called Eligible Medical Expenses. These include things like your deductible, coinsurance and copayments.
Choose the Healthy Action that fits your individual needs.

**Digital Coaching:**
We offer nine programs designed to coach you through the unique health challenges you face and goals you create.

- weight control
- tobacco use
- stress management
- diet and nutrition
- exercise
- cholesterol management
- blood pressure
- depression
- sleep quality

**Health Coaching:**
Sets you up with a one-on-one health coach to help you meet your health and wellness goals.

Your health coach will provide support, guidance, and resources as you work toward your goals. You can talk to your health coach about tobacco use, weight control, exercise plans, nutrition questions, and stress management.

**Mediterranean Wellness Program:**
An 8-week interactive online program.

You can reach your health goals for fitness and nutrition online and you can begin at any time. You will have access to your own registered dietician, as well as a support manual full of information to help you on your journey to better weight management.

**Healthy Pregnancy Program:** For support during healthy and high-risk pregnancies.

Provides you with access to educational materials and support while pregnant.

FIND THE FSBP HEALTHY ACTION THAT’S RIGHT FOR YOU
## TAKE CONTROL OF YOUR HEALTH

<table>
<thead>
<tr>
<th>Program</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weight Management Program</strong></td>
<td>This program includes initial and follow-up visits, as well as lab tests to help you lose weight and meet weight goals.</td>
</tr>
<tr>
<td><strong>Disease Management Programs</strong></td>
<td>These programs provide nurse support and education about chronic conditions. Learn how your condition affects the body and how proper medical management can lead to better health.</td>
</tr>
<tr>
<td><strong>Cancer Support Programs</strong></td>
<td>While annual screenings are provided by the plan, these programs extend the support and educational materials available to you when facing cancer.</td>
</tr>
<tr>
<td><strong>TherapEase Cuisine Program</strong></td>
<td>This online program helps cancer patients answer the question, “What should I be eating?” The American Dietetic Association provides the guidelines for the information, leading to more informed health choices.</td>
</tr>
<tr>
<td><strong>Virtual Lifestyle Management</strong></td>
<td>You have access to online self-management education and tools and the involvement of a trained coach to assist you with nutrition and weight management.</td>
</tr>
</tbody>
</table>

Also learn about Diabetic Education and Nutritional Counseling at [www.AFSPA.org/FSBP](http://www.AFSPA.org/FSBP).
WE WANT TO HELP YOU BECOME HEALTHIER — STARTING RIGHT NOW

The **FOREIGN SERVICE BENEFIT PLAN** wants to help you be at your healthiest. And we want you to embrace wellness. With the *Simple Steps to Living Well Together* program, you can change your life.

**It’s time your wellness became a priority.**

Are you ready to take advantage of your benefits? Start on the pathway to change today — and discover how your **FSBP** health and wellness benefits can really make a difference.

It is easy to get started. Take your Health Risk Assessment today. Visit [www.AFSPA.org/FSBP](http://www.AFSPA.org/FSBP) to learn more about the wellness benefits, programs and incentives available to you.

**Wellness isn’t far away!**

Questions? Call us at (202) 833-4910 or visit us online: [www.AFSPA.org/FSBP](http://www.AFSPA.org/FSBP)