

Simple Steps to Living Well Together

# FOREIGN SERVICE BENEFIT PLAN

2017 Wellness Benefits and Incentive Rewards



# ACHIEVING AND MAINTAINING GOOD HEALTH IMPORTANT STEPS FOR YOUR WELL-BEING

The **FOREIGN SERVICE BENEFIT PLAN (FSBP)** 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 Wellness Incentive Fund Account credit
- 2 Complete a Biometric Screening**  
Reward: \$100 Wellness Incentive Fund Account credit
- 3 Complete a Healthy Action\***  
Reward: \$50 Wellness Incentive Fund Account credit

*\*Note: Completing your HRA annually is an important first step to guiding your personal health goals. Healthy Actions may be completed at any time to receive a Wellness Incentive.*

## FOREIGN SERVICE BENEFIT PLAN Wellness Programs

Surround You with Care



# STEP ONE: HEALTH RISK ASSESSMENT



**REWARD \$100**  
Wellness Incentive  
Fund Account credit

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](http://www.afspa.org/fsbp) and select the Helpful Links tab
2. Select My Online Services and log on or register
3. Select Wellness Tools > WellBeing Solutions > “Succeed” or “Let’s Get Started”
4. Complete your free assessment
5. Or, call 866-237-1442 to complete the assessment by phone.

*The online version takes about 20 minutes; the phone conversation takes about 15 minutes.*

After completing your HRA, you will earn a \$100 Wellness Incentive Fund Account credit that can help reimburse you for some medical costs, called Eligible Medical Expenses, as defined by IRS Code Section 213(d). These include things like your deductible, coinsurance, and copayments. Please allow 4 weeks for the \$100 to be deposited into your Wellness Incentive Fund Account. You can obtain this reward once per calendar year, so why not do it today?



## STEP TWO: BIOMETRIC SCREENING



**REWARD \$100**  
Wellness Incentive  
Fund Account credit

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

Visit [my.questforhealth.com](http://my.questforhealth.com) and enter the registration key “aetnafsbp2017” to register for your screening, locate a PSC location or print a copy of the Biometric Screening Physician Results Form to take to your physician. You also can register by calling 855-623-9355. Quest Diagnostics will send you your biometric screening results and a **personalized action plan** to help you better understand your health risks.

After completing your Biometric Screening, please allow 4 weeks for the \$100 reward to be deposited into your Wellness Incentive Fund Account. You can obtain this reward once per calendar year. You must complete the Health Risk Assessment (**Step One**) in order to be eligible for this reward.



## STEP THREE: HEALTHY ACTION\*



**REWARD \$50**  
Wellness Incentive  
Fund Account credit

Earn a Healthy Action reward by either obtaining a routine preventive exam, taking advantage of one of the following benefits, participating in any of the following programs, or providing documentation as required:

- 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
- Controlling Blood Pressure
- Controlling A1c Hemoglobin
- Get your prenatal care

### 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](http://www.afspa.org/fsbp) and select the Helpful Links tab
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 per calendar year.

After completing one of the Plan's Healthy Actions, please allow 4 weeks for the \$50 to be deposited into your Wellness Incentive Fund Account.

**\*Note: Completing your HRA annually is an important first step to guiding your personal health goals. Healthy Actions may be completed at any time to receive a Wellness Incentive.**

**CHOOSE THE HEALTHY ACTION THAT FITS YOUR INDIVIDUAL NEEDS:**



**Routine preventive examination**

An annual checkup helps detect health conditions early

Obtain a routine preventive examination through a network provider or provider outside the 50 United States at no cost to you.



**Digital Coaching**

Nine programs designed to coach you through the unique health challenges you face and goals you create

Digital Coaching programs are available for:

- weight management
- stress management
- exercise
- blood pressure
- sleep improvement
- tobacco use
- nutrition
- cholesterol management
- depression management



**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 cessation, weight management 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 dietitian, 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

This program provides you with access to educational materials and support while pregnant.



**Weight Management Program**

For losing weight and increasing overall health

This program includes initial and follow-up visits, as well as lab tests to help you lose weight and meet weight goals.



**Disease Management Programs**

For chronic conditions including asthma, diabetes, kidney disease, coronary artery disease, and others

These programs provide nurse support and education about chronic conditions. Learn how your condition affects your health and how proper medical management can lead to improved health.



**Cancer Support Programs**

Gives you the support you need when facing cancer

While annual screenings are provided by the Plan, these programs extend the support and educational materials available to you when facing cancer.







**TherapEase Cuisine Program**

Provides nutritional information for cancer patients

This online program helps cancer patients answer the question, "What should I be eating?" The Academy of Nutrition and Dietetics provides the guidelines for the information, leading to more informed health choices.

## CHOOSE THE HEALTHY ACTION THAT FITS YOUR INDIVIDUAL NEEDS:

	 <p><b>Virtual Lifestyle Management</b> A year-long Internet-enabled program to assist you with nutrition and weight management</p>	<p>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.</p>
<p><b>NEW for 2017</b></p>	 <p><b>Control Blood Pressure</b> Help control your blood pressure</p>	<p>If you have documented high blood pressure, you can earn a reward for keeping it under control. We'll send you a form that your doctor can complete to demonstrate good control of your blood pressure. Just return the form for your reward.</p>
<p><b>NEW for 2017</b></p>	 <p><b>Control A1c</b> Help manage your diabetes</p>	<p>Members with documented diabetes can earn a reward for keeping their A1c level below 8%. Ask your doctor to send us your A1c lab results. If your A1c is below 8%, you will earn the reward.</p>
<p><b>NEW for 2017</b></p>	 <p><b>Get your Prenatal Care</b> Help ensure that you have a healthy baby</p>	<p>If you're pregnant, make sure to have a prenatal care visit during the first trimester. Send us a copy of the prenatal care medical record of Obstetric Panel testing from your attending provider, and you will earn the reward.</p>

**Additional Healthy Actions:** Learn about Diabetic Education and Nutritional Counseling at [www.afspa.org/fsbp](http://www.afspa.org/fsbp). See full details about these benefits in the Plan Brochure, Section 5(a), under *Educational classes and programs*.

## TAKE CONTROL OF YOUR HEALTH

### Wellness Incentive Details

Claims submitted for non-network retail pharmacies outside the 50 United States will transfer automatically to the Wellness Incentive Fund Account. Reimbursement for your deductible, coinsurance, and non-prescription drug copayments will be sent to you if there are funds available. Other eligible medical expenses, as defined by IRS Code Section 123(d), like dental, vision, and prescriptions purchased through the Plan's retail pharmacy network or home delivery program cannot be reimbursed automatically. You will need to submit a copy of your receipt with a completed claim form found on My Online Services:

1. Visit [www.afspa.org/fsbp](http://www.afspa.org/fsbp) and select the Helpful Links tab
2. Select My Online Services and log on
3. Select Benefits
4. Select Manage My HRA/FSA or Coventry Fund

At the end of the calendar year, unused account funds will remain in the Wellness Incentive Fund Account for Eligible Medical Expenses in the next Plan year as long as you remain enrolled in **FSBP**.

To monitor the availability of funds in your Wellness Incentive Fund Account, visit the Plan's website [www.afspa.org/fsbp](http://www.afspa.org/fsbp) and click on "My Online Services." Log on and select "Benefits" and then "Manage My HRA/FSA or Fund." **For more information, please call 202-833-4910.**

# 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!**



FOREIGN SERVICE BENEFIT PLAN

*Caring For Your Health Worldwide®*

[www.afspa.org/fsbp](http://www.afspa.org/fsbp)

## Questions?

Call us at (202) 833-4910 or visit us online: [www.afspa.org/fsbp](http://www.afspa.org/fsbp)