

Simple Steps to Living Well Together

FOREIGN SERVICE BENEFIT PLAN

2018 Wellness Benefits and Incentive Rewards



FOREIGN SERVICE BENEFIT PLAN

Caring For Your Health Worldwide®

Health Plan Accredited by



The **FOREIGN SERVICE BENEFIT PLAN** has
Health Plan Accreditation from the Accreditation
Association for Ambulatory Healthcare, Inc.

Achieving and maintaining good health are important steps for your well-being

The **FOREIGN SERVICE BENEFIT PLAN (FSBP)** 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 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: Healthy Actions may be completed at any time to receive a \$50 Wellness Incentive.*

Wellness Incentive Fund Account credits 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.

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 and select the “Helpful Links” tab
2. Select “Aetna Navigator®” and log on or register
3. Look for the “Stay Healthy” icon and proceed
4. Complete your free assessment
5. Or, call 855-406-5122 or 479-973-7168 to complete the HRA by phone

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

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?**



Completing your HRA is an important first step to guiding your personal health goals.

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 done generally during a routine physical examination.

Register for your Biometric Screening

1. Visit my.questforhealth.com and enter the registration key, “**FSBP**”
2. Locate a PSC location
3. Or, print a copy of the Biometric Screening Physician Results Form to take to your physician
4. Call 855-623-9355 to register by phone

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 Coach Programs
- Disease Management Program
- Mediterranean Wellness Program
- Virtual Lifestyle Management Program
- Diabetic Education or Training
- Dietary and 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

Complete a Healthy Action at anytime

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 and select the "Helpful Links" tab
2. Select "Aetna Navigator" and log in or register
3. Look for the "Stay Healthy" icon and proceed
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: 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 Coach Programs
Nine programs designed to coach you through the unique health challenges you face and goals you create

Digital Coach programs are available for:

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



Health Coaching Program
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.



Dietary and Nutritional Counseling
For managing weight and increasing overall health

Participate in individual and group behavioral counseling. Speak with a professional to assess your dietary habits and health needs.



Diabetic Education
For help managing diabetes

Access educational materials and support to help you manage your diabetes.



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>Virtual Lifestyle Management 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>Control Blood Pressure 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>Control A1c 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>Get your Prenatal Care 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>

For more detailed information, review the Plan's Brochure in Section 5(a) *Educational classes and programs* and Section 5(h) *Special features*.

TAKE CONTROL OF YOUR HEALTH

Wellness Incentive Fund Details

Claims submitted for providers and 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 Aetna Navigator:

1. Visit www.afspa.org/fsbp and select the "Helpful Links" tab
2. Select "Aetna Navigator" and log in or register
3. Select "Forms"
4. Select "Wellness Incentive Claim Form"

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, select the "Helpful Links" tab and then click on "Aetna Navigator." Once you log on to Aetna Navigator, look for the "Stay Healthy" icon and proceed. **If you would like to contact the Plan for more information about this Program, 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 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 to learn more about the wellness benefits, programs, and incentives available to you.

Wellness isn't far away!



www.afspa.org/fsbp

For more information or questions, please contact us:

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Protective Association
Hours of Operation – Monday – Friday
8:30am to 5:30pm (EST)

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