Mental Wellness Leads to Better Physical Health

In This Issue

Paula’s Perspective / PAGE 2
AFSPA Staff at Home! / PAGE 3
Ancillary Insurances / PAGE 4
Focus on Partners / PAGE 5
COVID-19 Updates / PAGES 6 & 7
Focus on Services / PAGE 8
Focus on I.T. / PAGE 9
AFSPA Staff in Action / PAGE 10 & 11
Partners in Health / PAGE 12
During the first half of 2020, AFSPA’s primary focus was to provide services and programs to our members and to ensure the safety of our staff during the coronavirus pandemic. Pages six and seven in this issue of AFSPA in Action highlight how we prepared for, managed and plan to move forward from COVID-19. This includes a recap of Plan updates and suggestions for how to maintain your physical and mental health. All our minds are processing future outbreak uncertainties, new household and childcare responsibilities, and our normal day-to-day loads. Prioritize finding your inner strength. Mental Wellness Leads to Better Physical Health.

On page four, we have provided news and updates on AFSPA’s Ancillary Insurance Programs (AIP). These programs can complement your Health Plan with a variety of services. For instance, soon we will launch our Critical Illness Plan that will help with out-of-pocket expenses associated with a major injury or illness.

AFSPA’s Group Enhanced Life (GEL) insurance offers traditional term life benefits with a unique feature — if you become chronically ill, you may use a portion of your benefit towards home care/ nursing home expenses. GEL does not replace long term care insurance, but it may assist with future caregiving costs. With Life Insurance Awareness Month (LIAM) coming in September, it might be a good time to review your portfolio. And check the AFSPA website for our LIAM activities.

Please examine your ancillary benefits regularly; you may make necessary adjustments to them even if it is not Open Season. Learn more about AFSPA’s supplemental insurances at afspa.org/aip.

COO Kyle Longton addresses your concerns in his AFSPA Listens column on page 10. We appreciate your feedback and work daily to make your requested changes, so please continue to send your questions and comments.

We are working with the Office of Personnel Management (OPM) and our partners, Aetna and Express Scripts, to bring you a 2021 health plan that provides comprehensive benefits at a competitive premium. OPM’s 2021 initiatives include:

• Quality
  – Clinical quality measures for diabetes care (HbA1C), high blood pressure, prenatal care, and use of imaging studies for low back pain
  – Access to care, especially in the areas of behavioral health, opioid use, and pain management
  – Review of low-value care, provided in an inefficient manner or for which a safer, more cost-effective alternative exists

• Affordability
  – Robust tools that offer pricing transparency leading to clear cost information
  – Benefits to address surprise billing (charges from out-of-network providers practicing at in-network facilities) and Observation Care (short-term, outpatient hospital admission)
  – Managing costs for specialty drugs and evolving gene therapies

Stay tuned for these changes and improvements to your 2021 FSBP health benefits! Open Season will be here before we know it. But because the COVID-19 pandemic continues to affect us, our teams are not able to visit you personally this year. This will be the only year since 1997 (excluding 2001) that we have not traveled. But thankfully, technology provides alternatives such as virtual presentations. Learn more in our Focus on I.T. section on page nine.

The Protective Association continues to enhance our programs and services to be your “Partner in Health” — physically, mentally, and financially. We strive to provide unparalleled service every day. This is a tough time for us all, but we will get through it together. Thank you for your trust and giving us the opportunity to serve you.

To Your Health,

Paula S. Jakub

Members of the Board of Directors are Career Foreign Service or other Executive Branch personnel, on active duty or retired. They serve the Association without compensation.
COVID-19 changed everyone’s 2020 plans by making social distancing a necessity. AFSPA adjusted to this need by implementing full-time telework.

Our new workplace may be our dining room tables and our work clothes may be our favorite sweats (or even pajamas) — but AFSPA continues to provide you “unparalleled service” every day.

Please enjoy these pictures of our loyal employees in their new, home workspaces.
Running & Oral Health — A Surprising Connection

Summer makes most runners very happy; long days and shining sun can add an extra freeing and empowering feeling to the activity. But did you know you can follow a few simple tips to keep your mouth healthy during your summer workout routine?

Aside from common conditions such as runner’s knee, stress fractures, plantar fasciitis, and skin cancer, runners score well on most health measures. However, new research has found runners with heavier endurance training may suffer higher risk of tooth erosion and cavities.

A German dental research team reported significantly higher tooth erosion in triathletes than in non-athletes. The study also found an increased number of cavities in athletes who trained more often.

Possible reasons for dental issues include the tendency to get dry mouth while running or the consumption of sugar-heavy food/beverages used to fuel up for a run.

To prevent tooth decay:

1. Increase saliva flow by chewing on sugar-free gum sweetened with xylitol. Saliva helps neutralize the acid in your mouth and protect your teeth.
2. Drink water or rinse your mouth after consuming sports drinks or bars. Sugary food and beverages feed decay-causing bacteria.
3. Try brushing your teeth following a run, especially if you consumed carbs during or after the run.
4. Brush and floss regularly to maintain your overall oral health.

Source: Dominion Dental & Runnersworld.com

Coming Soon! Critical Illness Insurance

A critical illness, such as cancer or heart attack, can clearly affect your physical health. But a serious illness may also have a dramatic impact on your finances, even with the excellent health plans offered under the FEHBP.

Many Americans fail to prepare for the financial effects of a critical illness. As a result, out-of-pocket medical as well as non-medical expenses can add up quickly. AFSPA’s new Critical Illness Insurance was designed to help meet those challenges.

This supplemental insurance offers extra protection for the following critical illnesses:

- Major organ transplants
- Strokes
- Renal (kidney) failure
- Cancer
- Heart attacks
- Coronary artery disease

The coverage can assist with costs associated with:

- Lodging and transportation to and from a medical facility
- Mortgage or rent payments
- Child-care costs including college tuition
- Other medical and non-medical expenses

Critical Illness Insurance will enable you to receive payment, up to $100,000, that can help protect your savings from illness/injury costs. Explore AFSPA’s new Critical Illness plan this fall. Check for updates at afspa.org/aip.

Available to members under age 65 and their families — in the U. S. and overseas.
June was Men’s Health Month
But Men’s Health is important every month

Men’s Health Month heightens awareness of preventable issues among men and boys. It does so by encouraging regular checkups and screenings. This promotes early detection and treatment of diseases to improve men’s overall wellness.

Common men’s health concerns include:

Heart disease and high blood pressure (HBP)
HBP, high cholesterol, excess bodyweight, moving infrequently, and smoking all increase heart-disease risk. This may result in an irregular heartbeat and narrowing blood vessels which can lead to a heart attack. Check your blood pressure regularly. If it is higher than 120/80, ask your doctor to suggest ways to lower it.

Type 2 diabetes
This condition develops when the body becomes resistant to or fails to produce enough insulin. Common symptoms are increased thirst, frequent urination, hunger, fatigue, or blurred vision. But many people do not display any indicators of the disease. Speak with your provider about a screening.

Colorectal cancer
The American Cancer Society estimates that one in 21 men will develop colorectal (colon and rectum) cancer. Eating right, staying active, and not smoking can lower your risk. To improve early-detection chances, start discussing screenings with your doctor at age 45 and begin receiving the procedure at age 50.

Prostate health
The prostate gland is a small gland near your bladder. As you age, the prostate can become enlarged or inflamed — affecting urination and sexual function. Your doctor may recommend a screening based on your health status or history.

Women visit a doctor for annual exams and preventive services more than men.
Men die at higher rates than women for nine of the top 10 causes of death.
On average, men die almost five years earlier than women.
Depression in men often goes undiagnosed. Men are four times more likely to commit suicide than women.

—Center for Disease Control and Prevention

For your best overall health, stay active and maintain a healthy weight. If you smoke — quit. Get annual physicals and appropriate screenings. FSBP covers preventive care at 100% when you visit an in-network or overseas provider. Early detection and treatment can save your life.

Use of Antidepressants by Adolescents Escalated in the Past Five Years
Despite the recent, sudden spike in prescriptions for anxiety and insomnia medications, the trend for the past few years had been declined usage. In contrast, America’s State of Mind report documents that the use of antidepressants, especially among American teenagers, has increased significantly in recent years.

Overall, there was a 15% jump in the number of people taking antidepressants from 2015 through 2019; and among teens (13-19 years old), the use of these medications rose 38%, highlighting an alarming need for mental health care services in this age group.

While there is evidence that more teenagers and young adults are suffering with mental health conditions than past generations, they also have access to and are receiving needed treatment.

Partners in Support of Your Mental Health During COVID-19

Around the time COVID-19 was declared a pandemic, Express Scripts (ESI) reported that weekly prescriptions for antidepressant, anti-anxiety, and anti-insomnia medications progressively increased by over 25%. Many of these were new prescriptions.

Use of Antidepressants by Adolescents Escalated in the Past Five Years
Despite the recent, sudden spike in prescriptions for anxiety and insomnia medications, the trend for the past few years had been declined usage. In contrast, America’s State of Mind report documents that the use of antidepressants, especially among American teenagers, has increased significantly in recent years.

Overall, there was a 15% jump in the number of people taking antidepressants from 2015 through 2019; and among teens (13-19 years old), the use of these medications rose 38%, highlighting an alarming need for mental health care services in this age group.

While there is evidence that more teenagers and young adults are suffering with mental health conditions than past generations, they also have access to and are receiving needed treatment.

Partnering for Solutions
AFSPA’s 2020 theme — Mental Wellness Leads to Better Physical Health — is more than just a catch phrase, it is a call to action. FSBP is working with its partner ESI to take on the growing mental health challenge in adults and teens.

We are improving the mental health care we provide by:

- Working with SilverCloud Health to make its digital mental health platform available for member support, especially during the COVID-19 pandemic
- Providing health coaches, pharmacists, nurses and social workers specializing in caring for members with depression, anxiety and insomnia through ESI’s Neuroscience Therapeutic Resource Center®. Members can talk to a specialty pharmacist by calling 800-818-6717 or logging on to express-scripts.com
- Using RationalMed®, our medication safety program, to warn prescribers and pharmacists about a patient’s potential use of any of the more than 200 medications that may cause or exacerbate depression or risk of suicide
- Making access to digital solutions for patients with anxiety, depression, insomnia and other mental health conditions easy and affordable using ESI’s Digital Health Formulary®

FSBP and ESI recognize that education and access to care are critical to supporting patients with mental health conditions, especially during this time. To learn more about our mental wellness resources available to adults and teens, visit afspa.org/fsbp/mentalwellness.

COVID-19 has made a significant impact on many people’s mental health.

Get help, visit afspa.org/fsbp/mentalwellness.
In Case You Missed It: Worldwide Telehealth — vHealth by Aetna

In response to COVID-19, the Foreign Service Benefit Plan (FSBP) lifted restrictions on telehealth/telemedicine visits. Although our Teladoc® vendor offers stateside telehealth consultations, we were still in the process of securing a general telehealth option overseas.

That all changed on April 27, 2020 when FSBP partnered with vHealth by Aetna to provide overseas members virtual consultations with doctors. Members living internationally may use a mobile device, phone, or the vHealth app to access affordable, high-quality, general health care through December 31, 2020. In addition, we are including it in our 2021 standard benefit package.

vHealth consultation details:
1. Members must have an overseas address — including APO, DPO, Embassy, and Consulate addresses — or be traveling outside the U.S. with a stateside address.
2. Even if you visit the U.S., but maintain an overseas address, you still will access vHealth for any telehealth needs.

FSBP Worldwide Telehealth
Stateside
• Telehealth through Teladoc®
• Telemedicine with your local provider using a HIPAA-compliant platform

Overseas
• Telehealth through vHealth
• Telemedicine with your local provider using a HIPAA-compliant platform

Visit afspa.org/fsbp to learn more about vHealth.

FSBP Mental Health Resources

Depression and anxiety have been on the rise since the COVID-19 pandemic’s onset. Fear of contracting the virus, changes to our daily lives, and restricted social movement all affect our mental health.

If you notice your mood, sleep, or eating patterns changing, please seek help. Explore available FSBP support programs — Health Coaching, myStrength™ online mental health support, AbleTo online treatment support, and Teledoc telehealth consultations — which are available to you at no cost.

Learn more at afspa.org/fsbp/mentalwellness.

“It is normal and understandable that people are experiencing fear, in the context of the COVID-19 pandemic.”

—The World Health Organization

FSBP COVID-19 Response Timeline

March 3
• Lift restrictions for early refill of home delivery prescriptions and telemedicine/telehealth for members overseas
• Invite overseas members to reach out to FSBP for early refills if medication was left behind during evacuations
• Remind stateside members of their various options:
  – Telehealth through Teladoc
  – Additional support from Accredo (ESI’s Specialty Pharmacy) for specialty and infusion drugs

March 12
• FSBP covers testing and treatment for physician-ordered COVID-19 and associated office visit costs at 100%
• Waive restrictions and member cost-sharing on telehealth and telemedicine visits, both overseas and in the U.S.
• Remove restrictions for retail early refill

March 13
• FSBP notifies members that all operations will move to remote/telework (starting March 16)
“Mental Wellness Leads to Better Physical Health”

Spending time on an activity that you enjoy can improve your mental health and well-being. Research shows that people with hobbies are less likely to suffer from stress, low mood, and depression.

FSAFEDS Updates

FSAFEDS is the Federal government’s pre-tax, savings account benefit. The Health Care Flexible Spending Account (HCFSA) pays for eligible medical, dental, and vision care expenses not covered by a health plan. Dependent Care FSA (DCFSA) pays for eligible dependent care services.

Here are some recent FSAFEDS updates:

- **June 1 announcement:** Dependent Care Election Changes – Social distancing requirements have prompted new restrictions for dependent care providers and schools. In response, mid-year election changes now are permitted for your DCFSA. You may be eligible to adjust your election if you experienced specific qualifying life events.

- **June 8 announcement:** Easier Access to Allergy Meds – FSAFEDS participants now can use their HCFSA on allergy products without a doctor’s prescription. Due to recent changes, most over-the-counter medicines/drugs — including allergy-relief products (i.e., eye drops, allergy pills, etc.) are included in this change.

Visit fsafeds.com/support/messageboard for details on these announcements and all other FSAFEDS changes.

“Mental Wellness Leads to Better Physical Health”

Trust the experts who can help. Learn more about FSBP’s Mental Wellness Programs at afsa.org/fsbp/mentalwellness.

LISTEN TO THE EXPERTS

March 20
- FSBP launches a coronavirus webpage (afsp.org/fsbp/coronavirus)

March 24
- Eblist outlines mental health support programs that can assist members during COVID-19

April 30
- Announce partnership with vHealth, an Aetna company, to provide telehealth services to members living and traveling outside the U.S.

May 7 & May 29
- Announce Prudential Life Insurance updates

May 21
- Email clarifies coverage for COVID-19 antibody testing

July 15
- FSBP adds Kids Mental Wellness resources to coronavirus webpage (afsp.org/fsbp/coronavirus)
Focus on Services

Keimyung University Dongsan Hospital –
A long-time leader in a new location

For nearly 10 years, the Foreign Service Benefit Plan (FSBP) has maintained a relationship with Keimyung University’s Medical Centers. Located in Daegu, South Korea, their dedicated International Healthcare Center (IHC) provides English-language support in a full-service hospital setting. The facility offers Daegu-area members everything from routine physical exams to complex-condition treatments.

In 2019, their downtown location closed for refurbishment and all operations were moved to a state-of-the-art facility — the new Keimyung University Dongsan Hospital. Located on the university campus just outside of town, the new hospital includes expanded areas for annual physicals and more space for international patients to wait and to receive exams.

And although the older, downtown facility was revamping, it opened its doors to serve as the treatment backbone for COVID-19 patients in Korea. This allowed staff at the new hospital to focus on regular care.

FSBP proudly includes Dongsan Hospital amongst our over 200 worldwide direct billing partners. The Dongsan agreement covers outpatient and inpatient services and IHC staff can use an online portal to confirm eligibility and deductible status.

GOOD TO KNOW

Prescriptions at Assisted Living Facilities

There may be occasions when you must file a claim for prescription medication in the U.S. without your FSBP ID Card. For example, some Assisted Living Facilities or Nursing Homes have their own pharmacies. When this happens, members may be prescribed medications by an out-of-network provider. If this is your situation, you may be reimbursed for out-of-pocket expenses (minus any copays/coinsurance), by sending FSBP your receipt and a letter of explanation. For assistance, contact us at 202-833-4910.

Register for Electronic Funds Transfer (EFT)

Because EFT payments are deposited directly into your U.S. bank account, this is the fastest way to receive your claim reimbursements, no matter the circumstances. For instance, when the U.S. Postal Service suspended international mail service to certain destinations for a short time due to COVID-19, some members’ claims reimbursement checks were returned to our office. But those who opted into EFT received their funds without having to wait for the Post Office to resume delivery.

Enroll for this convenient service online by visiting fsbpehealth.com. Click on “Member Resources,” and then “Forms Library.” Click on “EFT/Direct Deposit Authorization form” to complete the form online. Once you hit “Submit,” your information is sent securely for processing. It is that easy!
Focus on I.T.

Health Care Disruption in the Coronavirus Age
By Yancy Meiller, Information Technology Manager

Meeting Your Health Care Needs
During the coronavirus pandemic, the medical industry has been almost completely reliant on technology to meet patient needs. This allows providers to successfully deliver care while reducing exposure to COVID-19. FSBP providers are no exception. On pages 6 and 7, we highlight our expanded member telehealth options. Now stateside and overseas members can access providers using a tablet or phone.

While telehealth can help manage your physical and mental wellness, the new vHealth overseas benefit currently excludes mental health providers. However, the FSBP telemedicine benefit allows behavioral and substance misuse treatment for international members. Using a Health Insurance Portability and Accountability Act (HIPAA) compliant tool (ie. Vidyo or Bluejeans), your mental health provider can address anxiety, stress, depression, and more.

Telehealth opens the door for members to interact with top health care professionals. This includes those who may not be close to home but are within the Aetna Choice POS II network. Technological advancements allow global access to medical professionals when virtual interactions are preferred and needed the most.

Virtual Open Season Visits
As a result of the pandemic, AFSPA staff will not be traveling internationally this fall. Although we cannot physically visit you overseas, we are exploring various digital platforms to conduct our standard Open Season briefings.

Informing you of FSBP changes, current OPM Initiatives, and other important updates remains AFSPA’s priority. To accommodate, we want to offer Open Season webinars for members living abroad. In addition, we are seeking interactive features like surveys, polling, and live Q&A sessions.

Please stay tuned for a webinar calendar to be released in the coming months.

For more information or to view future presentation schedules, check afspa.org regularly.

If you are interested in hosting a webinar for your local or overseas constituents, please contact the AFSPA Communication Team at outreach@afspa.org.

Overseas Claims Filing Tips
Please include the exchange rate on your FSBP Claims Cover Page as it is the first document reviewed by the processing team. Then, attach any supporting payment receipts. Lastly, for easier readability, use black/dark blue ink when handwriting the currency rate.

If a documented currency exchange rate is not supplied, FSBP will use the U.S. dollar exchange rate — reported by Oanda (oanda.com) on the date the service was received.

Refer to Section 7 of the 2020 FSBP Brochure under Filing a Claim for Covered Services for more information.

A TrestleTree Health Coaching Success Story
At the start of the pandemic, an FSBP member wanted to manage weight and reduce stress. But she lacked motivation to exercise and feared exposure to COVID-19.

She enlisted the assistance of a TrestleTree Health Coach who worked with her to establish a healthy food plan and a regular exercise schedule. The Health Coach also identified that her motivators were structure and competition. In response, her son-in-law challenged her to start a morning workout contest. This kept her accountable and pushed her to work out every day at 4:30 a.m.

As a result, the member experienced more energy, improved mood, and ultimately weight loss. She enjoyed the positive changes and plans to keep the routine going long-term.

FSBP is pleased to provide this personal, one-on-one coaching benefit to all members. You can speak with a Health Coach about the following health-related matters:

- Stress management
- Weight management/exercise
- Nutrition
- Tobacco cessation/E-cigarettes

To enroll in the Program, call a Health Coach at 1-855-406-5122 or online, enroll.trestletree.com
Access Code: FSBP
AFSPA Listens

By Kyle Longton, Chief Operating Officer

The world has changed since our last newsletter went to press. But because we are dealing with COVID-19 questions elsewhere in this issue, I would like to bring a touch of normalcy during these times by further explaining some perennial inquiries.

Q: How are my FSBP wellness incentives paid?

A: Health plan members can earn incentives for participating in FSBP’s Wellness Program, Simple Steps to Living Together Well. Step 1 includes a Health Risk Assessment (HRA) and a Physical Exam and earns you $100. Completing a Biometric Screening is required for Step 2, which adds $75 to your incentive account. And qualified members can participate in up to three Healthy Actions for $75 each.

Your rewards are deposited into a Wellness Incentive Fund Account to help reimburse you for the wide array of Eligible Medical Expenses defined by IRS Code Section 213(d). For example, if funds are available, you may use them to pay provider deductibles, coinsurance, and copays. Reimbursement for your deductible and coinsurance will be sent to you or your provider. Other Eligible Medical Expenses include dental, vision, and prescription costs. To receive reimbursement funds for these services, please submit a copy of your receipt(s) with a completed claim form found on FSBPhealth.com.

Q: How long does it take to receive my Wellness Incentive Funds?

A: After completing a Simple Step, please give four weeks for funds to be deposited into your Wellness Incentive Fund Account. This allows FSBP to receive documentation or process your claim indicating you completed a step in the Simple Steps to Living Well Together program. Then, we validate your information and credit your Wellness Fund Account. Once the Plan takes these actions, you can view your incentive balance by logging into Aetna’s secure member portal. Unused funds roll over to the next year if you remain enrolled in the Plan.

Q: I am experiencing an extensive surgery recovery process. What are my options if I max out my physical therapy and/or alternative benefits?

A: FSBP covers 125 physical therapy visits as well as 40 chiropractic, 40 acupuncture, and 40 massage therapy visits — per person, per year. Under special circumstances, FSBP can authorize additional services as part of our Pain Management Program. Designed for members who suffer from chronic pain, this unique program can help identify available alternative plans, including non-pharmacological modalities, for the treatment of pain. To enroll in the Plan’s Pain Management Program and engage with a nurse case manager, please call 800-593-2354.

If you have a Flexible Spending Account (FSA) and a Wellness Incentive Fund Account, the Plan will coordinate between the two, but Wellness Incentives must be used first. Your FSA funds may be accessed when your Wellness Incentive Funds are exhausted.

I always enjoy hearing from members and learning about your experiences with AFSPA’s programs. If I can help, please contact me at kyle.longton@afspa.org.
Mental Health Challenges – Breaking the Stigma

By Kyle Longton, Chief Operating Officer

Many of us were trained from young ages to not talk about mental-health challenges because of their unnecessary stigma. Someone might freely discuss their high blood pressure, but rarely speak about a diagnosis of depression or anxiety. We fear that our friends might not understand, and we don’t want to be labeled as “different.”

Like many of you, COVID-19 disrupted my family life. My wife and I were suddenly trying to balance full-time work at home while caring for three kids — 4-year-old twins and a fast-moving toddler who had just turned 1.

A lot of work was pushed to early mornings, late evenings and the two hours of semi-quiet, afternoon naptime. My anxiety increased exponentially, and even to this day, I only go to the grocery store before 7 a.m. to avoid crowds.

In early July, our daughters’ preschool reopened, but with far fewer students. We explained to our twins that they must wear their masks all day because they were superheroes against the “germies.” (They protected people the same as superheroes, and superheroes wear masks.)

But there were still regular breakdowns for seemingly no reason. We tried to treat our mental overload with long walks and by offering the kids more screen time. Anything to distract from reality. Still, the pandemic challenged us all, notably our mental wellness.

Needing mental health and wellness support is not new to me. I was in first grade when I first sought treatment. My parents were divorcing, and I needed help coping. Yes, I missed Reading Rainbow every Friday, but I got the help I needed from my school counselor that year, and since then, from others. Even today, I have a relationship with a mental health professional.

I am lucky. When I first asked for help, I did not know it was something that could cause stigma, so for me, it didn’t. Rarely have I had any negative feelings about sharing my experience or getting help.

So why am I sharing this? My guess is that a lot of what I’ve gone through is familiar to many of you, and it’s important for us to realize we are not alone. Isolation, stress, and anxiety are taking their toll on all of us, no matter the age.

It’s OK to share. It’s OK to ask for help. Recognizing a need and seeking help, particularly now, does not mean something is wrong with you, it means you’re human.

It’s OK to share. It’s OK to ask for help. Recognizing a need and seeking help, particularly now, does not mean something is wrong with you, it means you’re human. Although sharing with a friend may help relieve some of the burden, a relationship with a trained mental health professional can be a safe place to heal and grow. In addition, utilizing self-guided programs like myStrength or a meditation app can provide a few minutes of peace that make a huge difference.

AFSPA is here to support you during this challenging time. We encourage you to take advantage of available benefits and programs and regularly dedicate time to care for your mental wellness.
Partners in Health

AFSPA is committed to being your partner in health and overall wellness. Our benefits are designed to meet your needs in comprehensive and convenient ways. Make the most of your membership. Contact us to learn more about any of these programs.

Coaching Programs
✓ Telephonic
✓ Online

In-Touch Care
✓ Nurse support
✓ Social worker
✓ Dietician
✓ Pain management

Expert Support for Serious Diagnoses
✓ PinnacleCare
✓ eCleveland Clinic

Mental Wellness
✓ Able-To
✓ myStrength

Ancillary Programs
✓ Dental
✓ Life
✓ Disability

Accessible Solutions
✓ Livongo
✓ Telehealth
✓ Pharmacist Support

Wellness Programs
✓ Personal Strategies
✓ Healthy Actions
✓ Wellness Rewards

Like us on Facebook! Join the conversation today.
AFSPA: facebook.com/afspacares
SENIOR LIVING FOUNDATION: facebook.com/seniorlivingfoundation