

It's Your Right to Know!

Find out about options you have to help you make *good health care decisions.*



FOREIGN SERVICE BENEFIT PLAN

Caring For Your Health Worldwide®

Cost: Know what to expect for your budget

Research has shown that 45 percent of health care consumers say rising health care costs are a major financial concern.* “My Cost of Care” gives the typical costs associated with different health conditions and procedures. Armed with this information, you can prepare for upcoming expenses and discuss with your provider options for less expensive and less invasive procedures.

“My Cost of Care” provides five categories of information:

- Diagnostic procedures
- Diseases and conditions
- Inpatient stays
- Physician visits
- Surgical procedures



You can access My Cost of Care by following these simple steps:

1. Visit www.AFSPA.org/FSBP.
2. Log in to or register for My Online Services.
3. Find “My Cost of Care” under “Benefits.”

* Source: Forrester Research for the California HealthCare Foundation, published in June 2006: <http://www.chcf.org/~media/MEDIA%20LIBRARY%20FILES/PDF/H/PDF%20HealthCareCostComparisonTools.pdf>

Quality: Find excellence in care

Do you want to know how well your nearby hospital stacks up against others? Are you looking for a new family doctor? The Provider Online Search tool gives you the opportunity to see information about hospitals and doctors in your network in a side-by-side comparison.

Just some of the information you can find:

- Doctor's specialty
- Hospital's accreditation
- Years doctor has been in practice
- Number of hospital beds
- Whether doctor is board certified

	St. Luke's South Hospital	Overland Park Regional Medical Center
Specialty	Hospital - General, Mammography, Radiology, Rehabilitation, Occupational & Physical Therapy	Hospital - General, Mammography
Distance From You	1.9 miles	2.9 miles
Address	12200 Metcalf Ave Overland Park, KS 66213-1924 913-317-7000 Fax: 913-317-7909 Map	10500 Quivira Rd Overland Park, KS 66215-2305 913-541-5000 Map
Accepts Premier PPO	Yes	Yes
Teaching Hospital	No	No
Facility Beds	75	343
Accreditation	Joint Commission on Accreditation of Healthcare Organizations	Joint Commission on Accreditation of Healthcare Organizations
Total Discharges	5,544	12,875
Steps to Avoid Harm	Declined to respond	

The Leapfrog Group data was collected and compiled by Thomson Reuters (www.thomsonreuters.com)

To get started in your provider comparison:

1. Visit www.AFSPA.org/FSBP.
2. Log in to or register for **My Online Services**.
3. Go to **"Hospital Quality Comparison"** under **"Benefits."**
4. Enter the **necessary information** to find providers in your network.
5. Once results of your search are listed, check the **"Compare Provider"** box next to each one you are interested in (up to three).
6. Click on the **"My Comparison"** link at the top of the listed search results.
7. A **chart with information** on each provider will be listed for a side-by-side comparison.

Options: Make the best choices for you and your family

The Healthwise® Knowledgebase, available on My Online Services, provides Decision Points to walk you through the various steps necessary to make an informed choice concerning medical conditions and treatments. Decision Points takes into account both medical information and your personal values to help you make a decision that is right for you.

The Healthwise Knowledgebase provides Decision Points on a wide variety of health-related topics:

- Medical tests
- Medicines
- Surgeries
- Treatments
- Other issues



To take advantage of this informative tool, follow the steps listed below:

1. Visit www.AFSPA.org/FSBP.
2. Log in to or register for **My Online Services**.
3. Click on **"Health Information/Library"** under **"Wellness Tools"** to access the Healthwise Knowledgebase.
4. Scroll down and click on **"Health Decision Tools"** to access Decision Points.