Greetings AFSP Family,

Summer is winding down and although the pandemic may change the way students learn, a new school year will still be starting soon. Therefore, August remains the perfect time for parents to ensure their kids receive an annual physical and recommended vaccinations.

01 | COVID-19 Updates

Here are the latest updates and reminders surrounding COVID-19:

Mental Wellness for Kids

As we all cope with pandemic-related challenges, it is important to remember that disruption of normal life has been especially difficult for children. Pools remaining closed, summer activities being cancelled and social distancing all changed seasonal adolescent pastimes. To assist with managing responses to these events, I added helpful mental wellness resources for youth to our dedicated COVID-19 webpage.

Virtual Open Season

As a result of the pandemic, AFSPA staff will not be traveling internationally this fall. Informing you of FSBP changes, 2020 OPM Initiatives, and other important updates remains AFSPA's priority. To accommodate, we would like to offer Open Season webinars for members living abroad. If you are interested in hosting a webinar for your local or overseas constituents, contact the AFSPA Communication Team at outreach@afspa.org.

02 | Test Kits Arriving Soon

Coronavirus made visiting your doctor to receive standard screenings challenging. However, certain testing should not be avoided. Adults age 50 to 75 should be screened for colorectal cancer (colon/rectum cancer) every one to 10 years depending on type of test performed. And to manage diabetes, blood sugar levels should be tested regularly via a hemoglobin A1C (A1c) test to track three month averages. Because social precautions have prevented this for a lot of people, FSBP, in partnership with BioIQ, is implementing a home testing program. In mid-August, we will send qualified stateside members kits for colorectal screenings and A1C tests. An introduction letter and a postage-paid envelope to return the kit will be included. We are providing the kits to help you monitor your health, however using it is voluntary. Please direct any questions to BioIQ.
03 | Disability Insurance

Car crashes, heart attacks, and other life-altering events don’t often cross our minds. Nor does the fact that financial struggles can result from a significant illness or injury. Many of us fail to prepare for such events, and short-term disability insurance is not included in a standard Federal benefit package.

AFSPA can help. In the event of disability, our insurance can provide money to cover bills and other immediate expenses while you recover. AFSPA offers two disability plans – both offer up to 60% of your monthly income, but one offers a lump sum payment option, while the other offers additional coverage for conditions such as physician-ordered maternity leave. Learn more at afspa.org/disability.

04 | Update Your Address

Summer is an active Transfer/Permanent Change of Station (PCS) time. Unfortunately, your employing agency/retirement office does not notify FSBP when you change your contact information. As you prepare to leave one post for another, please send us a note with your updated mailing address, telephone number(s), and email address. You also can change your contact information via the Member Portal.

The AFSPA In Action Summer Newsletter is being finalized – look for it in your mailbox soon. It contains FSBP/COVID-19 updates, new programs, and AFSPA staff highlights. Share your thoughts about the newsletter at outreach@afspa.org.

Please enjoy the rest of your summer. As always, thank you for your trust and for giving AFSPA the opportunity to serve you.

To Your Health,

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Executive Director, Senior Living Foundation