Dear AFSPA Member,

As 2019 ends, I find myself reflecting on the past year and looking forward to the upcoming new year. I truly appreciate our loyal American Foreign Service Protective Association (AFSPA) members as well as the employees who provide you with your deserved unparalleled service. Our staff demonstrate a daily desire to serve AFSPA members. We hope to continue our strong relationship with you in 2020.

Open Season ends on Monday, December 9. You have a few days to review your options and make changes to your Federal Employee Health Benefit (FEHB) Program enrollment, your Federal Employees Dental and Vision Insurance Program (FEDVIP) enrollment, and your FSAFEDS enrollment.

Whether you have the Foreign Service Benefit Plan (FSBP), or another Federal health plan, we want you to make informed decisions for you and your family. Choose a plan that serves your needs and fits your everyday life.

Flu Prevention

As winter approaches – and it may have arrived for some already – so comes the flu season. Please take care of yourself and arrange the best defense possible. The Center for Disease Control and Prevention (CDC) recommends everyone six months of age and older get an annual flu vaccine.

FSBP covers flu vaccinations at 100%, when obtained at an in-network provider or provider outside the U.S.

Getting vaccinated each year remains the single best way to prevent seasonal flu. However, covering your cough, washing your hands, and practicing good health habits – can help stop the spread of germs and prevent respiratory illnesses (like the flu). There also are flu antiviral drugs that can treat and prevent flu.

Click here to see a full list of CDC tips and resources to protect you and others from the flu and limit the spread of germs.
On Monday, November 25, 2019, Paula S. Jakub, RHU, CEO of AFSPA, was featured as a guest on the "For Your Benefit" show on Federal News Network Radio. She talked about how to get the most out of the Health Plan you choose. If you missed it, listen to the recording here.

Teledoc: FSBP’s new Telehealth vendor effective January 2020

FSBP changed our telehealth vendor to Teledoc. U.S. based members can access several medical/health specialties, from home, hotel, etc. A sticker with Teledoc’s website and phone number will be mailed before the end of 2019. Attach it to the back of your existing FSBP ID card. New FSBP enrollees will receive cards with Teledoc’s information already printed.

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Supplemental Insurances

Open Season can be a great time to review ALL your benefits including supplemental insurances, such as dental, life, and disability.

Life Insurance

AFSPA offers three (3) life insurances. You may want to add life insurance to your overall portfolio or supplement your existing life policy. Spouses, domestic partners, and dependent children can purchase coverage as well.

Disability Insurance

Currently, the Federal government does not offer disability insurance. AFSPA provides two (2) long-term disability options. Both plans cover 60% of your annual salary, up to $5,000/month – if you become medically disabled. For new Federal employees with limited sick leave, this insurance type can protect you against lost wages – due to a non-permanent illness or injury. And, our Cigna Disability plan covers medically-necessary maternity and/or complications resulting from pregnancy.

Explore all AFSPA’s supplemental products at afspa.org/aip. Apply anytime – No Open Season required!

Holiday Stress

Finally, the holiday season can bring joyful moments, but stressful ones as well. Money worries, travel concerns, or preparing your home for visitors – all can add anxiety. Depression and stress may hurt your health.

FSBP offers many services to support you, such as myStrength, health coaching, and telehealth counseling appointments. In fact, our 2020 theme is “Mental Wellness Leads to Better Physical Health.” Next year, we will feature FSBP programs to help you cope with life’s challenges. This could include balancing work and life, dealing with a chronic condition, or just managing everyday stress.

You are not alone! Regardless of where you are in the world, FSBP wants to help.

As always, it is our honor to provide you with “unparalleled service.” We thank you for entrusting us with your health care needs this past year – and want to continue serving you in 2020. I personally wish you and your loved ones a wonderful and healthy holiday season.

To Your Health,

Paula S. Jakub, RHU
CEO, AFSPA
Executive Director, Senior Living Foundation