Dear AFSPA Member,

Greetings and Welcome to February 2019! The new year is well underway, and the December holidays are but a memory. Now it’s time to focus on what we want to accomplish in 2019. I am sure your goals and aspirations are numerous. If any of your goals focus on your health, I hope you will use the Foreign Service Benefit Plan (FSBP)’s services and programs to help you on your health journey.

Your Health Matters

Our new online platform offers many enhanced functions and services that you can tailor to meet your individual needs. I invite you to log into Aetna Navigator and explore the “Stay Healthy” options. As health care becomes more personalized, your insurance plan should provide the tools to engage in your own wellness journey.

With this in mind, we have chosen the 2019 theme of “Commitment to Member Engagement.” Throughout the year we will highlight the various programs and services that are available to help you get healthy and stay healthy.

February is American Heart Month

According to the American Heart Association, cardiovascular disease — including heart disease, stroke, and high blood pressure — is responsible for one out of every three deaths. It is the No. 1 killer of American women and men, and it is a leading cause of serious illness and disability. If you have high blood pressure, I encourage you to take steps to control it. Make sure to complete your routine physical
examination, which **FSBP** covers at 100% when you visit a provider that is in-network or outside the United States. Monitoring your blood pressure is the best form of prevention.

**FSBP's 2019 Wellness Program**

To assist with managing your blood pressure and other common conditions, **FSBP** enhanced its wellness program for 2019. *The Simple Steps to Living Well Together* helps you identify your health risks and achieve your health goals. Plus, you can earn financial rewards to be added to your Wellness Incentive Fund Account.

*Step 1* can evaluate your health risks and help detect health conditions early. *Step 2* measures certain physical attributes that can identify underlying medical issues. The *new Step 3* identifies members with certain conditions who may benefit from our engagement programs.

Every month, the Plan will contact qualified members directly to submit documentation of completion or participate in recommended wellness programs. The initial outreach begins in late April, to allow time for your new-year claims to be assessed for eligibility. Over the next few months, I plan to provide more details about the improved Simple Steps. The program focuses more on rewarding your efforts to achieve and maintain good health.

**Tax Documents**

**FSBP** members will receive the IRS Form 1095-B by March 2, 2019, due to an extension from the original January 31 date granted by the IRS. This form confirms that you had minimal essential coverage while you were enrolled in **FSBP** in 2018. If you have questions about the IRS Form 1095-B, or about lost or incorrect forms, please contact us at 202-833-4910 or at enrollment@afspa.org. Please note, the 1095-B form is not needed to file your tax return, but it should be kept.
in your tax file for the year 2018.

We hope your family stays warm and healthy this winter. Click here to view advice on how to stay safe during the cold weather. Please register for AFSPA's Annual Meeting to be held online or at AFSPA's office on Friday, March 1, 2019.

As always, thank you for your trust and for giving AFSPA the opportunity to serve you.

To Your Health,

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