Dear AFSPA Member,

Welcome to March 2018! Spring officially starts this month. That means the American Foreign Service Protective Association (AFSPA) is working on our AFSPA in Action Spring newsletter. Please expect to see it in your mailbox, in the upcoming months.

We held our Annual Member Meeting last week. I was pleased with the amount of members who attended online and in-person. The participants received an overview of AFSPA's and the Foreign Service Benefit Plan (FSBP)’s operations, services, and programs. Since this year’s theme is Commitment to Member Engagement, we spent time highlighting the online member tools available to assist you on your health journey. We provided demos of our three most used member websites: AFSPA Member Portal, Aetna Navigator, and the Express Scripts site. If you missed the meeting, a full recording of the webinar will be available soon.

Wellness Program - Step 1

Achieving and maintaining good health are important steps for your well-being. Your journey can begin with our Simple Steps To Living Well Together Program. This month, let’s concentrate on the beginning.

Step 1: Health Risk Assessment and a Physical Exam

- Complete your Health Risk Assessment (HRA) – The HRA is a health questionnaire that evaluates your health risks. Once you know your health needs, you can set meaningful goals. You can complete the HRA online or telephonically with a health coach (U.S. at 866-237-1442 or Overseas at 479-973-7168).

- Obtain a physical exam – An annual checkup helps detect health conditions early. FSBP covers the cost at 100%, if you visit a provider who is in-network or outside the U.S.

By completing both sections of Step 1, you earn a $75 reward in your Wellness Incentive Fund Account! Let’s all try to complete Step 1 during the month of March.
March Health Awareness Months

March is **National Nutrition Month**. Good nutrition – what we put in our body – matters. There are tons of resources available. I found [this great website](#) that provides nutrition focused information, handouts, tip sheets, and even games. In addition, FSBP provides several benefits, including dietary and nutritional counseling, as well as digital and one-on-one coaching. Other specialized programs we offer include:

- **Telehealth Services** – video visits with Registered Dieticians, using the web or a mobile device (for U.S. members only)
- **Diabetic Education** – materials to help members manage their diabetes
- **TherapEase Cuisine** – an online nutritional information program for cancer patients

March is also **National Kidney Month**. Kidneys help filter wastes and extra fluids from the blood, and they use many blood vessels to do this job. Uncontrolled high blood pressure can cause arteries around the kidneys to narrow, weaken, or harden. These damaged arteries can’t deliver enough blood to the kidney tissue. This is why [high blood pressure](#) (hypertension) is the second leading cause of kidney failure. This cumulative process takes years to develop. Protect your kidneys by managing your blood pressure. Use your FSBP resources to help. “Controlling Blood Pressure” is one of the Healthy Actions (Step 3) in our [Simple Steps To Living Well Together Program](#). Get rewarded for your positive results because, “Your Health Matters.”

**In Other News...**

- As requested by members, the Express Scripts (ESI) Formulary Listing was added to the [ESI member website](#). Just log-
in/register and see the categorized prescription list under the Benefits and Account Notification page.

- **TruHearing**, our complimentary hearing discount program (not insurance) has been heavily utilized by AFSPA members. Combined with the FSBP hearing aid benefit, you can save a lot of out-of-pocket money.
- As mentioned in my February 2019 message, the IRS Form 1095-B was mailed to FSBP members last month. This document is not needed to file your tax return. [Click here to learn more.](#)

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We hope your family has a happy and healthy Spring. 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