A MESSAGE FROM THE CEO

Welcome to March 2020 – the month Spring officially begins! We kick off the new season with our American Foreign Service Protective Association (AFSPA) Annual Meeting on March 6. I am excited about the number of members who have registered to attend online and in-person.

Participants will receive an overview of AFSPA’s and the Foreign Service Benefit Plan (FSBP)’s operations, services, and programs. Since our 2020 theme is "Mental Wellness Leads to Better Physical Health," I will highlight the available tools to help you carry the load of everyday life. Also, you will see demos of the Member Portal, Aetna secure member website, and the Express Scripts site. Lastly, attendees are invited to a mini-health fair to learn about programs to support your health journey. You will be able to access a webinar recording before the end of March.

FSBP Simple Steps to Living Well Together Program - Step One

Achieving and maintaining good health improves your overall well-being. Begin your journey with our Simple Steps to Living Well Together Program. This month, let’s concentrate on Step One: the Health Risk Assessment and Physical Exam.

1. Complete a Health Risk Assessment (HRA) – The HRA is a health questionnaire that evaluates your health risks, to set meaningful goals. Answer the HRA online or telephonically with a health coach (U.S.-866-237-1442, Overseas - 479-973-7168).
2. 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.

Earn $100 in Wellness Incentive Credits when you finish both parts of Step One! Let’s try to complete this during the month of March.

LEARN MORE ABOUT FSBP'S WELLNESS INCENTIVE PROGRAM >

March Awareness Weeks

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<th>Patient Safety Awareness Week (March 9-13)</th>
<th>National Drug and Alcohol Facts Week® (March 30-April 5)</th>
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<td>This week promotes learning about health care safety. FSBP is dedicated to improving your safety throughout the health care system. for information. Please see pages 5 - 7 of the 2020 FSBP Brochure for information.</td>
<td>This week links students with scientists and other experts to counteract drugs and alcohol myths. Teens often gain false facts from the internet, social media, TV, movies, music, and friends.</td>
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Utilize these educational resources to debunk any untruths:

- **Drugs: Shatter the Myth** – This excellent video helps your teen understand the risks of abusing drugs.
- **KidsHealth** – This informational library offers parents, kids, and teens doctor-reviewed advice on physical, emotional, and behavioral health topics. The site provides tools to make the best health choices.

FSBP members can access KidsHealth by logging into the [Aetna Secure Member Website](https://www.aetna.com) and clicking on “Stay Healthy” and then selecting, “Discover a Healthier You.” Finally, select the “KidsHealth,” at the bottom of the landing page (under Helpful Resources).

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**Travel Insurance**

Traditionally, [Spring Break](https://www.aetna.com) peaks in March – when students and their families get away from their school activities. Many take a vacation and seek new adventures, in the U.S. or abroad. Protect yourself wherever you go.
If you are traveling overseas, check the State's Department's [International Travel Information](#), for travel tips and possible advisories.

- Consider purchasing travel insurance. Unlike FSBP, it can provide emergency cash advances, luggage tracking, emergency evacuation to your home country, repatriation of remains, or just simply weather information.

If you are travel at least 100 miles from home, AFSPA offers several travel insurance options – including single and family coverages.

[LEARN ABOUT AFSPA'S TRAVEL INSURANCE >](#)

Have 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

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