Welcome to May 2020! Although effects of the COVID-19 pandemic have continued to evolve and bring change, the American Foreign Service Protective Association (AFSPA) strives to offer consistency and stability.

01 | COVID-19 Updates

Since my April CEO Message, the Foreign Service Benefit Plan (FSBP) has taken even more measures to elevate your care.

vHealth by Aetna

Our overseas members now may meet with medical providers virtually by using a mobile device. You can receive preventive care, doctor referrals, medical prescriptions, etc. This option is currently available until December 31, 2020, but we are working with OPM to include it in our 2021 standard benefit package. Click here to learn more.

COVID-19 Testing

Specific proteins in blood called antibodies are present in individuals whose immune systems created a defense against coronavirus. Some authorities predict that understanding these antibodies will aid the world on its path back to “normalcy.” To assist, FSBP is covering all physician-ordered, FDA-approved testing for coronavirus/covid-19 at 100% for US-based members. For members overseas, FSBP will cover the
About nine out of 10 Americans will develop high blood pressure in their lifetimes. High blood pressure - or hypertension as it is also called - can lead to stroke, vision loss, and heart and kidney diseases.

Every year, National Blood Pressure Month (May) and World Hypertension Day (May 17) increase awareness of and educate the public about managing hypertension.

If you have high blood pressure, see your doctor regularly. A provider can help you set goals, discuss treatments, and check for complications. Because tension or anxiety can raise your blood pressure, if it is greater than 140/90 during a medical visit, ask your doctor to recheck it a few minutes later. For a more accurate reading, relax and take deep breaths.

FSBP can help.

Livongo Remote Hypertension Monitoring Program

- Receive a free Bluetooth enabled blood pressure monitor and cuff
- Connect with a clinical coaching team
- Use a mobile app to receive real-time readings
- Share your readings with your doctor digitally

Learn More > Livongo Hypertension Monitoring Program
Simple Steps to Living Well Together - FSBP Wellness Incentive Program

- Complete your Health Risk Assessment to determine your needs
- Earn a Healthy Action Incentive by controlling your blood pressure
- Click here to view all Wellness Resources

Learn More > Simple Steps to Living Well Together Program

Regularly monitoring your blood pressure, with support from FSBP and your health care team, can help lower your risk for heart disease and stroke.

03 | May is Mental Health Awareness Month

Nearly one in five U.S. adults live with mental illness. However, most Americans do not seek treatment. Social stigmas and lack of access to mental health professionals may be main contributing factors to this.

Mental Health Awareness Month encourages affected people to work toward strategies for attaining mental wellness and highlights mental health resources. For instance, did you know disability insurance can provide some income if you become unable to work because of a mental illness?

AFSPA committed to highlighting information like this when it chose Mental Wellness Leads to Better Physical Health as its 2020 theme. Please take a moment to check out the provided links to learn more about what we are doing to help.

- FSBP Mental Wellness tools
- AFSPA’s Disability Insurances
- Mental health information and resources from our partners at Prudential

On May 25, we will celebrate Memorial Day. The world’s challenging times may not allow for our usual cookouts and family gatherings; however, we can acknowledge the brave men and women who have served our country. This year, I am sure you will join us in also thanking our first responders, teachers, health care workers, and all those on the frontlines of the COVID-19 crisis.
AFSPA remains committed to providing unparalleled service. Thank you for your loyalty and for giving AFSPA the opportunity to serve you.

To Your Health,

Paula S. Jakub, RHU
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