A MESSAGE FROM THE CEO

Greetings AFSPA Family,

Fall is upon us and here at AFSPA we are eagerly awaiting the Office of Personnel Management’s (OPM) release of the Foreign Service Benefit Plan (FSBP) 2021 Premiums. We will share the new rates with you as soon as they are available.

In keeping with anticipated Federal Employee Health Benefits Program updates, the 2020 Open Season enrollment period is scheduled from November 9 to December 14.

Due to the COVID-19 pandemic, AFSPA staff will not be traveling internationally for Open Season, but we will provide Plan information and answer your questions virtually through a series of webinars. In addition, we will be participating in the Federal Virtual Benefit Fair. For details about AFSPA’s Open Season activities, check our website and Facebook page regularly.

01 | Dominion National Dental Changes

We are proud to announce an exciting update! Our Dominion National Dental plan implemented several major enhancements. Effective October 1, the plan name changed from Access ePPO to Elite Plus ePPO and expanded its coverage to nationwide. This gives members access to over 350,000 participating dentists in the U.S.

The plan also added a Prevention Rewards Program that offers a $20 reward for having two cleanings in a calendar year.

Existing members were automatically transferred to the new plan and sent updated ID cards. Learn more at afspa.org/dental.

02 | Livongo for Diabetes and Hypertension Webinar

Although we are in the midst of a pandemic, it is important to pay attention to your health, especially chronic conditions like High Blood Pressure and Diabetes. On October 8 at 2 p.m. EST, we will be hosting a webinar to provide information about the popular Livongo for Diabetes and Livongo for Hypertension programs. Both programs are available at no cost to FSBP members.

Register for the Livongo Webinar
October Awareness

Breast Cancer Awareness

National Breast Cancer Awareness Month increases awareness of the disease that affects 1 in 8 women. The chance of survival increases when found and treated early. FSBP covers mammograms - including 3D breast tomosynthesis - once per calendar year for women age 35 and older.

National Chiropractic Health Month

Necessary COVID-19 lifestyle changes such as working from home, ordering food/supplies online, and avoiding gyms have decreased our movement and affected our posture. These may cause back pain which spinal manipulation can safely address. But the good news is, FSBP covers chiropractic, acupuncture, and massage therapy – 40 of each service annually (up to $60/visit).

Mental Health Awareness Week

In 1990, Congress established the first full week of October as Mental Illness Awareness Week. Advocates use the time to educate the public about mental illness. In these trying times, we encourage you to seek information, support, and connection. FSBP also offers Mental Wellness Programs to help you cope.

Halloween in a Pandemic

Halloween will look a lot different this year; Centers for Disease Control and Prevention (CDC) health officialis provide the risk levels for typical activities such as trick-or-treating and haunted houses and advise which should be avoided. Although social distancing will affect many Halloween traditions, kids may be able to take part in outdoor celebrations if they wear a face mask and avoid large crowds. Remember to frequently wash hands and stay home if sick.

As always, thank you for your trust and loyalty. We truly appreciate you giving us the opportunity to serve you.

To Your Health,

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