Greetings AFSP Family,

This month is a very exciting time for us here at AFSP! By now, you should have received your AFSP in Action Summer Newsletter in the mail. It features upcoming additions to our Ancillary Insurance Programs, a new international direct billing partner in South Korea and lots of Foreign Service Benefit Plan (FSBP) offerings to keep you healthy - physically and mentally - during the COVID-19 pandemic. After all, Mental Wellness Leads to Better Physical Health! Let us know what you think about the Summer Newsletter at outreach@afspa.org.

01 | NEW! Financial Wellness Website

We are pleased to announce the recent launch of AFSPA’s Financial Wellness website in partnership with The Prudential Insurance Company of America. This co-branded site offers free tools and content to help you plan your future, manage debt, protect assets, save and invest money, and much more.

02 | September is Life Insurance Awareness Month

In honor of Life Insurance Awareness Month (LIAM), we will be hosting a live webinar on September 16th from 1:00 to 2:00 p.m. EST via WebEx.

This educational webinar, in partnership with The Prudential Insurance Company of America, will cover important topics and address all your life insurance questions. We know life insurance can be confusing, and we want to make it easy to help protect the future of your loved ones.

An expert will be available to explain the importance of life insurance, discuss what type and how much coverage may be best depending on different life stages, share general retirement planning information, and provide an overview of the benefit highlights of our Group Enhanced Life (GEL), Accidental Death & Dismemberment (AD&D), and Immediate Benefit Plan (IBP) insurance plans.

Register Today!

*WebEx link will be sent via email at 9:00AM EST on the day of the session*

Even if you can't join LIVE, click here and we'll send you the recorded webcast to watch at your convenience. For issues regarding registration, please contact Pathways@Prudential.com.

Group Insurance coverage is issued by The Prudential Insurance Company of America, a Prudential Financial company, Newark, NJ.
The federal government estimates one in six Americans experience foodborne illness every year. These sicknesses result in roughly 128,000 hospitalizations and 3,000 deaths annually. Food poisoning can have long-term health consequences as well.

September is Food Safety Education Month. The Center for Disease Control focuses on preventing food poisoning by highlighting safe food handling practices. One easy way is to follow the FDA’s four steps to safely clean, separate, cook and chill food.

This is a good time to refresh our food safety knowledge and decrease chances of falling ill from food poisoning.

In closing, due to COVID-19, our staff will not be traveling overseas this year. But it is still our priority to provide annual updates to assist you in making informed health decisions. As such, we are busy preparing for our first virtual Open Season. Stay up to date through our website, Facebook page, and Annual Open Season mailing.

Have a great Labor Day weekend. As always, thank you for your loyalty and for giving AFSPA the opportunity to serve you.

To Your Health,

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