Message from the CEO

Dear AFSPA Member,

Happy New Year! Many of you received our holiday message via your email a few weeks ago. To connect with you more in 2017, we are sending you my monthly CEO message using the same vehicle. As this year promises to be interesting and dynamic, we want to keep you informed of all AFSPA’s new developments. If you do not want to receive these e-communications, you have the option to unsubscribe (using the button below) at any time.

We are offering many new services to start your new year off in the right direction. Please take the time to review your full Plan brochure. However, I wanted to tell you about a few featured benefits.

Telehealth is an important new 2017 benefit for our members. It provides 24/7, on demand access to medical professionals via phone, mobile, and video. Unlike the Nurseline, which remains an important benefit, our Telehealth benefit provides for a virtual visit with a provider. Doctors can treat and prescribe medications for common health issues such as: colds, flu, fever, rash, ear infections, and migraines. You can even “see” a therapist for ongoing counseling. We provide this progressive delivery system with no cost to you - yes, you have a $0.00 copay for using the Telehealth program. I recommend you register now, before you get sick, so that your medical information and history are available already to the Telehealth providers. Then, the service will be there for you when you need it. Click here to sign up today, or call 844-733-3627 (844-SEE-DOCS). To learn more about our telehealth vendor, American Well (Amwell), click here. Please note: Until programming of Amwell’s site is completed, please use code FSBP01 when you use Amwell, so you will not be charged for the service. We will be sending you a letter about this shortly. Once programming is complete, you will not have to enter this code.

Many people make resolutions to improve their health at the start of a new year. This may include quitting smoking, losing weight, or developing a regular exercise routine. In 2017, let FSBP assist you with your goals. We have many programs that fit your individual needs. Utilize the Mediterranean Wellness Program, an eight-week interactive online program, to reach your fitness and nutrition goals. Health Coaching sets you up with a one-on-one health coach to help you make and reach your health goals regarding stress management, tobacco cessation, nutrition, exercise plans, and more. Click here to see a full list of Healthy Actions that are available to you. Don’t forget the discounts you receive on Weight Watchers and Jawbone Fitness Trackers just for being an FSBP member. Click here and go to the Non-FEHB Programs tab for more information on all our discount programs.
Now that the holiday season has ended, please use your massage therapy benefits to relieve any additional stress. No medical referral is required. FSBP covers 40 visits per year, up to $60 per visit. That is over three massages a month. January is a great time to get started.

I wish you a prosperous and healthy New Year. As always, thank you for your trust and for giving us the opportunity to serve you.

To Your Health,

Paula S. Jakub, RHU
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