

# THE 2022 WELLNESS PROGRAM AND REWARDS



## FOREIGN SERVICE BENEFIT PLAN

Not Just for the Foreign Service Anymore



SIMPLE STEPS TO LIVING WELL TOGETHER

# EARN UP TO \$400 FOR ACHIEVING & MAINTAINING GOOD HEALTH!



The **Foreign Service Benefit Plan (FSBP)** enhanced its wellness program, *Simple Steps to Living Well Together*, to help identify your health risks and achieve your health goals.

**The program allows you to earn wellness rewards along the way.**

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# GET REWARDED FOR HEALTHY BEHAVIOR

Your wellness journey starts today!

Earn up to **\$400** in wellness rewards by participating in various wellness activities or programs. Complete any combination of wellness activities or healthy actions, in any order, to earn **up to \$400** in wellness rewards.

**Here's how it works:**



**TAKE A HEALTH RISK ASSESSMENT (HRA)**  
Wellness Reward: \$75



**COMPLETE A BIOMETRIC SCREENING & PHYSICAL EXAM**  
Wellness Reward: \$100

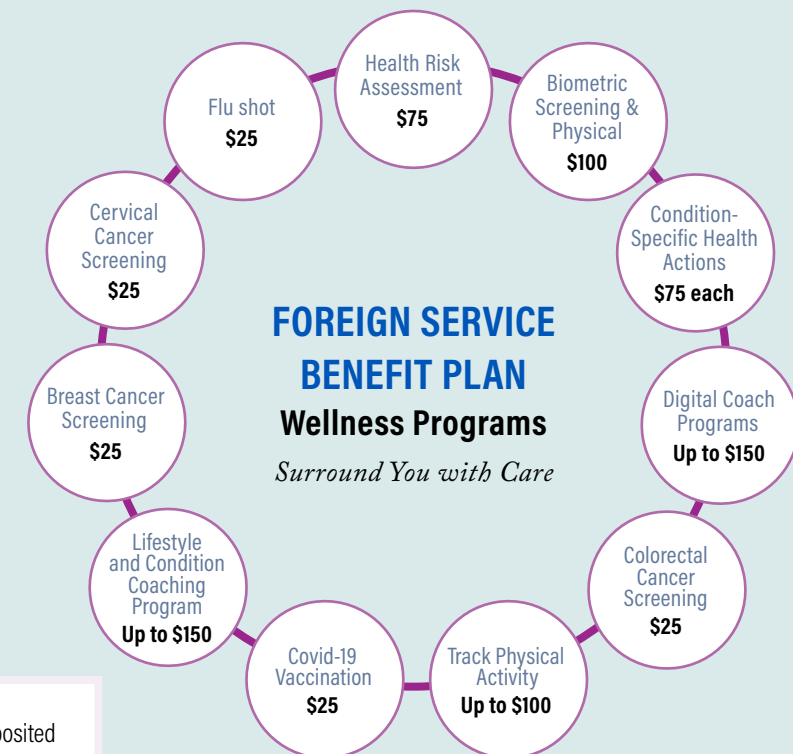


**COMPLETE HEALTHY ACTIONS**  
Wellness Rewards: \$25 to \$400

After completing healthy actions, wellness rewards are credited into your account to help reimburse you for certain Eligible Medical Expenses, as defined by IRS Code Section 213(d). These include deductibles, coinsurances, and copays.

To earn wellness rewards, you must complete your wellness programs or activities by **December 31** – except the Biometric Screening, which must be done by **December 1**.

Please allow 4 weeks for your rewards to be deposited into your *Wellness Incentive Fund Account*. You can obtain each reward once per calendar year.





## HEALTH RISK ASSESSMENT

Wellness Reward: \$75

### Complete a Health Risk Assessment (HRA)

An HRA is a health questionnaire that evaluates your health and quality of life. You share information about your health habits and history.

The HRA results provide a snapshot of your current health status and help identify personal health goals.

### Take your Health Risk Assessment

1. Visit [afspa.org/fsbp](https://afspa.org/fsbp); navigate to Online Portals
2. Login or register on the Aetna® Secure Member Website
3. Click on “Health and Wellness,” then select “Explore Resources” under “Discover a Healthier You”
4. Or call 866-533-1410 to complete your HRA by phone



Completing your HRA and having a Biometric Screening & Physical Exam are important first steps to guiding your personal health goals.



## BIOMETRIC SCREENING & PHYSICAL EXAM

Wellness Reward: \$100

### Complete a Biometric Screening & Physical Exam

- An **Annual Physical Exam** can determine the general status of your health and detect health conditions early.
- A **Biometric Screening** assesses your overall health and measures physical attributes – blood pressure, glucose levels, cholesterol levels, height, weight, body mass index, and aerobic fitness.

These standard exams can identify potential health risks and underlying medical issues.

**Quick Tip!** Complete your Physical Exam and Biometric Screening during the **same doctor visit**. Pay no out-of-pocket expenses when you visit an in-network provider.

### Register

1. **Online:** Visit [my.questforhealth.com](https://my.questforhealth.com) (Registration Key – **FSBP**)
2. **Phone:** Call 855-623-9355

### Complete

1. Print the **Biometric Screening Results Form** and have your physician perform the screening as part of your annual physical exam
2. Make an appointment at a Quest™ Diagnostics Patient Service Center (PSC) location near you to get the screening

### Earn

To earn the \$100 wellness reward, you must complete a **Physical Exam & Biometric Screening** and you must pass **three** out of **five** metabolic syndrome criteria as part of your screening (HDL cholesterol, triglycerides, blood pressure, waist circumference, and glucose).









If you do not pass **three** out of **five**, you can still earn the \$100 wellness reward by completing one of the following wellness programs - **Mediterranean Wellness, Lifestyle and Condition Health Coaching, or Dietary & Nutritional Counseling** (described on page 6).













## HEALTHY ACTIONS

Wellness Reward: \$25 to \$400

Earn additional wellness rewards when you complete any combination of the following Healthy Actions.

Healthy Actions		Wellness Reward
	<b>Breast Cancer Screening</b>	\$25
	<b>Cervical Cancer Screening</b>	\$25
	<b>Colorectal Cancer Screening</b>	\$25
	<b>Covid-19 Vaccination</b>	\$25
	<b>Flu Shot</b>	\$25
	<b>Controlling Blood Pressure*</b>	\$75
	<b>Controlling Metabolic Syndrome/ Pre-Diabetes*</b>	\$75
	<b>Controlling Hemoglobin A1c (HbA1c)*</b>	\$75

\* Programs/activities identified with an asterisk are available **only to members who have been identified through claims data** to help manage a specific condition. **FSBP** will reach out to these members with instructions on how to complete each wellness activity and/or program to earn incentives. Programs/activities in purple are available to **all members (age 18+)** to complete & earn rewards.

Healthy Actions		Wellness Reward
 <b>Diabetic Education*</b>	Provides educational materials and support. The resources are designed to help manage and control your diabetes.	\$75
 <b>Dietary and Nutritional Counseling*</b>	This program offers three individual and group behavioral counseling visits.	\$75
 <b>Digital Coach Programs®</b>	This program offers a personalized plan for successful behavior change.	up to \$150
 <b>Lifestyle and Condition Health Coaching</b>	This program offers group or personal health coaching sessions to work towards your wellness goals.	up to \$150
 <b>Livongo® for Diabetes*</b>	Manage your diabetes with a connected glucose monitor, unlimited test strips, access to certified diabetes coaches, and more.	\$75
 <b>Livongo® for Hypertension*</b>	Manage your high blood pressure with a blood pressure monitor, real-time readings, counseling by a clinical coaching team, and more.	\$75
 <b>Mediterranean Wellness*</b>	Access to a registered dietitian to assist you in maintaining a desirable weight and keeping healthy by eating nutritious food.	\$75
 <b>Prenatal Care*</b>	If you are pregnant, your provider must submit documentation of a first trimester prenatal care visit. The submitted documents must include an obstetric testing, an ultrasound or prenatal exam.	\$75
 <b>Tobacco Cessation Program*</b>	This program includes four 30-minute tobacco cessation counseling sessions. You must complete at least two quit attempts.	\$75
 <b>Track your Physical Activity</b>	Complete 5,000 steps per day for any 50 days and earn up to \$25 each quarter OR complete 30 minutes of physical activity per day for any 50 days and earn up to \$25 each quarter	up to \$100

\* Programs/activities identified with an asterisk are available **only to members who have been identified through claims data** to help manage a specific condition. FSBP will reach out to these members with instructions on how to complete each wellness activity and/or program to earn incentives. Programs/activities in purple are available to **all members (age 18+)** to complete & earn rewards.

## TAKE CONTROL OF YOUR HEALTH

### How to Claim Your Wellness Rewards

Claims submitted for providers and retail pharmacies outside the U.S. will transfer automatically to the Wellness Reward Account. Reimbursement for your deductible, coinsurance, and copays will be sent directly to your provider, if funds are available. Other Eligible Medical Expenses such as dental, vision, and prescriptions purchased through FSBP's retail pharmacy network or home delivery program cannot be reimbursed automatically.

To obtain a copy of the wellness incentive claim form:

1. Visit [afspa.org/fsbp](https://afspa.org/fsbp), navigate to "Online Portals"
2. Login or register on the Aetna® Secure Member Website
3. Select "Forms"
4. Select "Wellness Incentive Claim Form"
5. Submit a copy of your qualifying receipt and completed wellness incentive claim form per the directions on the form or through the AFSPA Member Portal at [myafspa.org](https://myafspa.org).

At the end of the year, unused funds will remain in your Wellness Rewards Account for the next year, as long as you remain enrolled in FSBP. To monitor your wellness funds, see the "Health and Wellness" icon in the Aetna® secure member website.



To learn more about the Wellness Program, visit [afspa.org/fsbp/wellness](https://afspa.org/fsbp/wellness) or call 202-833-4910.

# WE WANT TO HELP YOU BECOME HEALTHIER – STARTING NOW

The **FOREIGN SERVICE BENEFIT PLAN** wants to help you be at your healthiest. We want you to embrace wellness, improve your health, and change your life.

**Make wellness a priority.** Are you ready to take advantage of your wellness benefits? Get started by taking your Health Risk Assessment today.

Start on the pathway to change today – and discover how your **FSBP** health and wellness benefits can really make a difference. Visit [afspa.org/fsbp/wellness](https://afspa.org/fsbp/wellness) to learn more about your available wellness benefits, programs, and rewards.

**Wellness isn't far away!**



[afspa.org/fsbp](https://afspa.org/fsbp)

**For more information or questions, please contact us:**

**FOREIGN SERVICE BENEFIT PLAN**

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**Secure Message:** [afspa.org/fsbp411](https://afspa.org/fsbp411)

**Website:** [afspa.org/fsbp](https://afspa.org/fsbp)

**Telephone:** 202-833-4910

**Protective Association**

Hours of Operation: Monday – Friday  
8:30am to 5:30pm (ET)

**Email:** [afspa@afspa.org](mailto:afspa@afspa.org)

**Website:** [afspa.org](https://afspa.org)

