



Monthly Message from the CEO



August 5, 2019

Dear AFSPA Member,

Greetings and Welcome to August 2019! This means summer is winding down and a new school year is just around the corner. This is a perfect time for parents to ensure their children start the school year healthy by getting an annual physical and recommended vaccinations.

August - National Immunization Awareness Month

Immunizations protect millions of Americans, children and adults. Routine vaccinations prevent the spread of contagious, dangerous, and even deadly diseases. **Foreign Service Benefit Plan (FSBP)** covers routine and travel immunizations for children and adults at 100% for providers in-network and outside the U.S. Covered adult immunizations include those endorsed by the [Centers for Disease Control and Prevention](#) (CDC). This includes the shingles vaccine, [Shingrix](#), approved by the FDA in October 2017. For children, we cover routine childhood and adolescent immunizations. Having your child vaccinated can be important to their long-term health.

August 30 - Opioid Misuse Prevention Day

Opioid addiction remains one of the primary public health crises in the nation. To address this major U.S. epidemic, the American Medical Association (AMA) has set aside August 30, 2019 as Opioid Misuse Prevention Day. The goal is to raise awareness that prescription opioids can be addictive and dangerous. It encourages prevention efforts to combat the opioid crisis. [Learn more from the Department of](#)

Quick Links

www.afspa.org

[AFSPA Member Portal](#)

[Aetna Navigator](#)

[Express Scripts](#)

[Find a Network Provider](#)

[2019 FSBP Federal Brochure](#)

[AFSPA Ancillary Insurance Programs \(AIP\)](#)

[FSBP and Medicare](#)

[Senior Living Foundation](#)



Federal News Radio Interview with Paula Jakub

On Monday, July 22, 2019, AFSPA's CEO Paula Jakub was the featured guest on the "For Your Benefit" show - live on Federal News Radio. Hosted by Bob Leins and Tammy Flanagan, they discussed several topics, including the 2020 FEHB

[Health and Human Services.](#)

Prescription pain medicines are helpful, when used as directed. Many people suffer from real pain. Last year, nearly 6,000 **FSBP** members filled almost 13,000 opioid prescriptions for acute and long-term, chronic needs. **FSBP** offers a pain management program to assist with chronic pain. This comprehensive program offers coaching and support. It also can help you identify non-pharmacologic treatment options to treat your pain. Learn more about this program by calling 800-593-2354. ([See page 95 of the 2019 FSBP brochure for details](#)).

Consider Disability Insurance

Many of us have a “rainy day” fund set aside to cover a car repair or to pay to fix a malfunctioning appliance. Few of us have enough money set aside or enough sick days to cover lost wages if an accident or injury renders us unable to work for a substantial period. Disability insurance can help. A disability plan can provide money to cover bills and other immediate expenses while you take the necessary time to recover. AFSPA offers two disability plans to meet the needs of our members worldwide. Depending on the plan you choose, you may be able to receive a lump sum payment after regular monthly payments are exhausted. Or, you may use the regular monthly benefits to cover your inability to work due to maternity – whether it be a routine delivery or with complications (as prescribed by a physician). Learn more at www.afspa.org/disability or call 202-833-4910.

The *AFSPA in Action* Summer Newsletter should arrive in your mailbox soon. It contains **FSBP** updates, offers I.T. Summer Safety Tips, and highlights our loyal AFSPA staff. Let us know what you think of the newsletter by emailing outreach@afspa.org.

I hope you enjoy the rest of your summer. As always, thank you for your trust and for giving AFSPA the opportunity to serve you.

To Your Health,

Paula S. Jakub, RHU

CEO, AFSPA

Executive Director, Senior Living Foundation

Initiatives, Wellness in the FEHB program, and Cost Drivers of Health Care Trends. [Click here to listen to the full online recording on DC radio channel 1500 AM.](#)



Update Your Address

Summer is an active Transfer/Permanent Change of Station (PCS) time. As you prepare to leave one post for another, please send us your new address. Your employing agency/retirement office does not notify **FSBP** when you change your contact information. Please send a note with your updated mailing address, telephone number(s), and email address. You also can change your contact information via the [Member Portal](#).

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