

A MESSAGE FROM THE CEO

Dear AFSPA Member,

I hope your new year is off to a great start. As we approach the season of indulging in heart-shaped candies and sweets, I want to ensure you also are staying on track with your health journey.

I am pleased that so many of you read my monthly messages. To continue providing you with helpful information, we recently launched a [blog](#) on our website that offers even more health and wellness tips. In addition, we discuss how you can take advantage of the various programs and beneficial resources we offer. To find the blog on our website, navigate to the “Home” tab on the main menu and then select the “Blog” drop down option.

February is American Heart Month – the perfect time to learn about your risk for heart disease and the steps you can take to prevent it. A healthy heart is central to a person’s overall wellbeing. The Center for Disease Control (CDC) [states that nearly half](#) of all Americans have at least one of the top three risk factors for heart disease: high blood pressure, high cholesterol and smoking. We offer various programs to help our members manage their heart-related issues. [Click here](#) to learn more.

Did you know that poor oral health is often associated with chronic diseases like diabetes and heart disease? [National Toothache Day](#) serves as your (sometimes painful) reminder of the importance of routine dental care. Here at AFSPA, we offer [dental plans](#) that are designed to meet members’ needs. You can enroll anytime.

Taking care of your mental health is equally as important as your physical health. As we continue to feel the effects of long winter days amidst continued social distancing measures, we may feel very isolated. This can increase stress and anxiety. The CDC recommends regular exercise, meditation and [various other ways](#) to help you cope with stress. The [Foreign Service Benefit Plan \(FSBP\)](#) offers several [mental wellness programs](#) that can help address emotional and behavioral health needs in a safe and confidential environment. Be sure to check out our [blog post](#) for more information about taking care of yourself physically, mentally and emotionally.

Recently, [FSBP](#) members received stickers to place on their ID card for 2021. We added the contact information about the Plan’s telehealth options and Lab Savings Program, so please adhere it to your card as soon as you receive it. The Plan now covers lab testing through LabCorp® in addition to Quest Diagnostics™ at no member cost share as part of our Lab Savings Program. Also, the Plan now offers a telehealth option for members living or traveling outside the 50 United States through vHealth. If you need a new ID Card, please visit the AFSPA member portal on our website at [myafspa.org](#).

In closing, please join us for [AFSPA's Virtual Annual Member Meeting](#) on Friday, March 5, 2021. The event is open to all AFSPA members and will be broadcast live from 11:30 a.m. to 1:30 p.m. ET. As always, thank you for your trust. Together we can focus on maintaining a heart-healthy lifestyle.



To Your Health,

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

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