



YOU'RE INVITED!

2018 Annual Meeting



Friday, March 2, 2018
10:30am-12:30pm EST

If you're not able to physically attend, join the live webinar.

[Click here for the link](#)

Dear AFSPA Member,

Welcome to March 2018! Spring starts this month and that means AFSPA is working on our *AFSPA in Action* Spring newsletter. Please expect to see the Spring newsletter in your mailbox in the upcoming months. In addition to our focus on health and wellness, there also will be extensive information on Migration. We recognize that the transition has been challenging and we want to do our best to address your concerns. We will address some of the Migration issues during the Annual Meeting tomorrow.

[Click here to join the webinar at 10:30am to 12:30pm EST on Friday, March 2.](#)

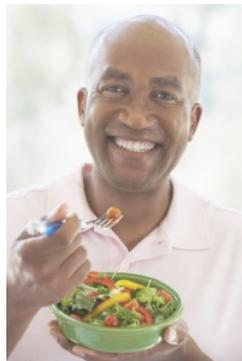
Online Weight Management Benefit



This season symbolizes starting fresh and it can be a great time to explore a new Healthy Action.

One of the special features in the **Foreign Service Benefit Plan (FSBP)** is [Virtual Management Lifestyle \(VLM\)](#), an online weight management program that helps you take an active role in your health.

The program includes 16 weekly online lessons followed by 8 monthly lessons to help you build healthier habits. It includes a pedometer, online tracking tools, and a personal health coach who will motivate you and help you stay on track throughout your health journey.



The VLM program is covered under the **FSBP Wellness Program** and is one of the 15 Healthy Actions that can earn you Wellness Incentives Rewards. You can participate in VLM by enrolling [here](#).

Quick Links

www.afspa.org

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[2018 FSBP Federal Brochure](#)

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

[Senior Living Foundation](#)

Your 2018 Taxes

When was the last time you updated your contact information with us?



Click here

TO UPDATE YOUR CONTACT INFORMATION IN OUR MEMBER PORTAL



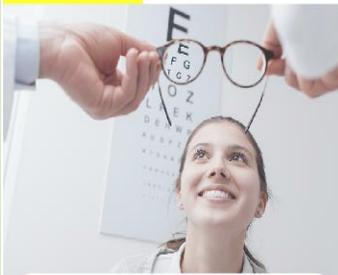
Springtime also is a time we think about taxes. AFSPA partners with [Bean, Kinney and Korman, PC](#) to offer our members legal services at a special discount. Their firm released guidance on the new tax legislation recently passed by Congress. They have put together a list of some of the provisions in the bill that they believe are likely to be of interest and may affect your personal tax returns beginning in tax year 2018. [Click here to read more.](#)



Additionally, AFSPA members worldwide receive a complimentary 20-minute consultation with one of five CPA tax accountants at [Beers, Hamerman, Cohen & Burger, P.C.](#) Members receive a 10% discount off their standard hourly rates. Email taxinquiry@bhcbcpa.com or call 203-787-6527 to utilize these services today. Simply identify yourself as an AFSPA member when you contact the firm.

As a reminder, the IRS Form 1095-B was mailed to **FSBP** members last month. Please note, the 1095-B form is not needed to file your tax return, but it should be kept in your 2017 tax file.

NEW!



AFSPA Discount Care Programs

Save 20% to 60% on most dental procedures, plus great savings on LASIK and vision care

National Women's History Month



In 1987, Congress declared March as National Women's History Month. Every year, it honors the extraordinary achievements of American women. It also is an opportunity to focus on women's health issues, such as Breast Cancer – one of the most common cancers among women in the United States. Annual mammograms can detect cancer early, when it is most treatable.

FSBP covers Breast Cancer Screening mammograms, including 3D breast tomosynthesis. Breast Cancer is one of many issues that affect women. Other **FSBP** services address various women's health matters. Please refer to the 2018 **FSBP** Brochure, Section 5(h) to explore the other programs such as Healthy Pregnancy, Digital Coaching, Diabetic Education, and more. [Click here](#) to learn more about Women's Health from the Department of Health and Human Services.



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We hope your family has a happy and healthy Spring. 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

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