



## Monthly Message from the CEO



September 6, 2019

Dear AFSPA Member,

Greetings and Welcome to September 2019! I hope you enjoyed your Labor Day. Traditionally, this holiday marks the end of summer. The warmer season has left and we now are preparing for the cooler fall weather.

### **Back-to-School**

Back-to-school time produces homework for parents – the completion of your child's standard forms. Most parents must submit immunization records, medication forms, etc. The school may ask for an emergency contact, a sports physical, and/or an authorization form (permission to medically treat your child, if needed). Did you know those with the **Foreign Service Benefit Plan (FSBP)** can retrieve medical information from the Member Engagement Portal (MEP)? You can print or download medication lists, immunization history, and more through Aetna Navigator.

To access MEP:

- Log in to [Aetna Navigator](#)
- Look for the *Stay Healthy* icon
- Click *Discover a Healthier You* – you will be directed to MEP
- Click on *Records* – access immunizations, medications, etc.
- Print/download information from the different health categories

For children with a chronic medical condition such as asthma or diabetes, back-to-school involves even more

### Quick Links

[www.afspa.org](http://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](#)



preparation. [Refer to the Medication Adherence Back-to-School Tips from Express Scripts.](#)

[Cleveland Clinic](#)  
[e-Newsletter](#)

## **Step 2 – Your Biometric Screening**

You still can complete Step Two of the Wellness Program – A Biometric Screening – to receive **\$75** in Wellness Rewards. U.S. members can obtain a Biometric Screening at a Quest Diagnostic Patient Service Center. Register at [my.questforhealth.com](http://my.questforhealth.com) (registration key - **FSBP**) to locate a screening center. Or, print a copy of the Biometric Screening Physician Results Form to take to your annual physical exam. Overseas members can choose this option as well. Your results can help you develop a plan and understand your risks. Then, you can decide which **FSBP** programs are needed to address your individual needs.

To earn the **\$75 Wellness Reward**, you must submit a completed Quest form by December 1. You still have time!

## **September Awareness Months**

**Drug-Free Pain Management Awareness Month** – Last month, I wrote about our Pain Management program. However, this important topic warrants repeating. **FSBP's** comprehensive program assists you with acute and chronic pain. It offers coaching and support to help you identify non-pharmacologic treatment options. Learn more by calling **800-593-2354**. ([See page 95 of the 2019 FSBP brochure for details.](#))

**Life Insurance Awareness Month (LIAM)** – We celebrate birthdays and anniversaries... September is when we evaluate our life insurance needs. **Please ensure your beneficiary information is up to date.**

- **Life insurance is important and dependable.** Protect your family's future. Unlike stocks and investments, term life insurance benefits remain unaffected by market fluctuations.
- **Life insurance may be lower than you think.** A group plan may cost less than purchasing an individual plan.

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## **Life Insurance 101 Webinar**

AFSPA is sponsoring a Life Insurance Webinar in partnership with Prudential Insurance Company of America

When:  
**Wednesday,  
Sept. 25th**

Time:  
**12:00pm EST**

[Click here](#) to register!



## **Important Reminder!**

To ensure all protected health information is secure, we are modifying our process for claim

- **Without children, coverage is still important.** You have financial responsibilities and don't want to burden your family with outstanding expenses.
- **Life changes.** Beneficiary designations can change. Outdated contact information may delay a benefit payment.

Let AFSPA help. Learn more at [www.afspa.org/life](http://www.afspa.org/life) or call **202-833-4910**.

## **CEO Message Archives**

My monthly messages are intended to provide current and fluid information about health and wellness. I also share the available **FSBP** benefits and ancillary programs to address any issues you may have. The messages foster an ongoing dialogue with you that I enjoy. Members have asked for an online library of past CEO Messages. In response, my monthly messages now are archived and available at [www.afspa.org/news](http://www.afspa.org/news).

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Fall is busy for AFSPA. We finalize the 2020 **FSBP** brochure and travel for Open Season. Stay informed of what is happening through our website, Facebook, the upcoming Fall newsletter, and our Annual Open Season mailing. Look out for new benefits, at a great 2020 premium! Also, check your mailbox for the [2019 Summer Newsletter](#).

As always, thank you for your loyalty and for giving AFSPA the opportunity to serve you.

To Your Health,  
**Paula S. Jakub, RHU**  
 CEO, AFSPA  
 Executive Director, Senior Living Foundation

submission through our Member Portal.

In the coming months, **FSBP** will begin accepting your **FSBP Member ID number only**.

Your ID number is located on the front of your ID card, beginning with a "W," followed by 9 digits.

As we continue with these security measures and move to eliminate the last 4 digits of the social security number, please look for more information via our website, email, Facebook page, etc.

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