



#### QUICK LINKS

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[2017 FSBP Brochure](#)

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#### UPDATE YOUR INFO

Have you recently moved or changed your phone number? Stay connected with AFSPA by **updating your contact information** on the [Member Portal](#).

#### WELLNESS PROGRAM

**FSBP** offers a wellness program "[Simple Steps to Living Well Together](#)," to help you identify your health risks and achieve your health goals. It's just three simple steps and you can even earn up to \$250 in

## Message from the CEO



Dear AFSPA Member,

Greetings and Welcome to April 2017! What a privilege and a responsibility it is to play a role in serving more than 67,000 AFSPA members every day. I am honored by the trust that each person places in the Foreign Service Benefit Plan (FSBP) and our other programs.

## World Autism Awareness Month



April is designated as **World Autism Month**.

This annual event sets aside time to help increase understanding of Autism Spectrum Disorder. Applied Behavior Analysis (ABA) has proven to be successful in the treatment of autism. It uses the principles of learning and motivation from the scientific study of behavior.

[FSBP now covers medically necessary assessment and treatment of Autism Spectrum Disorder with ABA](#). FSBP pays:

- 90% of the Plan allowance when services are delivered by an in-network behavioral health provider or a provider outside the 50 United States, and
- 70% of the Plan allowance for out-of-network providers.

The covered providers must possess specific licenses or certifications in ABA therapy, as explained in the FSBP Brochure. All treatment must be preauthorized, even if rendered outside the USA. We are pleased to provide a benefit that supports treatment for autism.

## Notice of Privacy Practices (NPP) Update



FSBP has updated our **Notice of Privacy Practices (NPP)**, effective April 1, 2017. The Notice of Privacy Practices describes how your medical information may be used and disclosed, how you get access to your Protected Health Information (PHI), and FSBP's responsibilities.

wellness rewards along the way!

**DID YOU LIKE US ON FACEBOOK YET?**

[AFSPA](#)

[Senior Living Foundation](#)

[Please review the NPP carefully.](#) For your reference, this updated NPP appears on the "All About FSBP" web page, under the "Your right to access your protected health information" section.

If you have any questions about the content of the updated NPP, please call a Health Benefits Officer at 202-833-4910.

## AFSPA Employees Take Steps to Living Healthy

Lastly, you may know from our [2016 Summer Newsletter](#), AFSPA strives to "walk the walk" in terms of wellness and fitness. This past March, AFSPA held a health fair for its employees, hosted by Virginia Hospital Center. The staff were able to check their blood pressure, create their own stress ball, and test their flexibility. We provided numerous resources on wholesome eating and proper nutrition. One handout even cited information on [healthy food options](#) at popular fast food restaurants. The AFSPA staff enjoyed the opportunity to interact with the various health professionals. Like you, we are taking "Simple Steps" to lead a healthier lifestyle.



As a reminder, please look for your *2017 AFSPA in Action Spring Newsletter* to arrive in your mailboxes soon. I hope you enjoy the season. 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



### Contact Us

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