



Monthly Message from the CEO

August 2017



Dear AFSPA Member,

Greetings and Welcome to August 2017! This means summer is winding down and a new school year is coming quickly, which is a good time for those of you with children to visit the pediatrician and the dentist to ensure a successful and healthy school year.

August is National Immunization Awareness Month

Immunizations aren't just for babies and children at their well-child visits. They are necessary for preteen/teens, adults as well as pregnant women. **FSBP** provides comprehensive benefits for child and adult immunizations – payable at 100% for providers in-network and outside the U.S. Adult immunizations include those endorsed by the [Centers for Disease Control and Prevention](#) (CDC). For children, we cover routine childhood and adolescent immunizations. Having your child vaccinated can be important to their long-term health.

Need a Second Opinion on a Diagnosis when Overseas?

Did you know **FSBP** has a special arrangement with Cleveland Clinic? Patients who receive treatment in foreign countries can receive a second opinion for certain diagnoses, through the e-Cleveland Clinic. [Refer to page 96 of the 2017 FSBP Brochure](#) for more information on this important benefit. Cleveland Clinic also provides educational materials and other resources free to our members. Please see their information on [heartburn and acid reflux](#) as well as a schedule for their [August online health chats](#).

Update your Information in our Member Portal

Lastly, have you moved? If so, please let us know. 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 with them. 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](#).

Look for the [2017 Summer Newsletter](#) in your mailbox. It highlights **AFSPA's** activities, services, and new programs, such as IT Security, our new Advanced Illness support program, and important information on the upcoming migration to the Aetna computer platform.

Quick Links

www.afspa.org

[Member Portal](#)

[My Online Services](#)

[Express Scripts](#)

[Find a Provider](#)

[2017 FSBP Federal Brochure](#)

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

[Medicare and the FSBP](#)

[Senior Living Foundation](#)



SENIOR LIVING FOUNDATION
OF THE AMERICAN FOREIGN SERVICE



DONATE
TODAY

CFC #40530

Enter our CFC #40530 on
your Combined Federal
Campaign Card

Follow Us on
Facebook!

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

