



Dear AFSPA Member,

Greetings and Welcome to July 2017! That means summer is in full swing. While enjoying the seasonal activities, I encourage you to maintain a healthy diet. Attending summer barbeques and family reunions can invite temptations to eat unhealthy foods. Please eat fruits and vegetables with every meal and snack. They can help your body fight off sickness. Plus, nutritious eating can give you energy and help you stay at a healthy weight. Our Mediterranean Wellness Program offers a Summer Seminar Series – a practical 9-week guide to staying healthy all summer. Enroll anytime. [Learn more about the Mediterranean Wellness Program here.](#)

July is Herbal/Prescription Interaction Month

Medication interactions can have harmful, even deadly effects. Many commonly prescribed medications have potentially fatal side effects from interactions with other medications, over-the-counter drugs, supplements, herbal preparations, and even food. **Know that over-the-counter drugs are medications too.**

Patients who are on these medications often don't have access to a pharmacist with the clinical expertise to help them understand the risks and get the most benefit from their medication. Express Scripts continually works behind the scenes to assure your safety.

Update all prescriptions taken including over-the-counter drugs, herbal preparations and vitamins on your Express Scripts Patient Medical Profile. Here's how:

- Register at www.express-scripts.com- Select Forms & Cards from menu under Benefit, Scroll to Health Questionnaire.
- [Download Express-Scripts Mobile App](#)- Select Medicine Cabinet from menu, follow steps.

July is National Minority Mental Health Awareness Month

Lastly, it is a time to focus on the importance of mental wellness and effective mental health care. We also can make others aware of available resources. The **Foreign Service Benefit Plan** offers many benefits to address your mental health needs including Digital Coaching, Health Coaching, and myStrength™ - the online mental health support program, and even video visits through our Telehealth

Quick Links

www.afspa.org

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[Express Scripts](#)

[Find a Provider](#)

[2017 FSBP Federal Brochure](#)

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

[Medicare and the FSBP](#)

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



Click here



TO UPDATE YOUR CONTACT INFORMATION IN OUR MEMBER PORTAL

Services with American Well. [Learn about these programs and other Special features in Section 5\(a\) and 5\(h\) of your Plan Brochure.](#)

I hope you enjoyed a happy and healthy Independence Day. Every year, this holiday commemorates the adoption of the Declaration of Independence on July 4, 1776. Many Americans celebrated with fireworks, parades, and picnics; however, we always want to remember the true meaning of the day. The Fourth of July represents our nation's history and heritage. Wherever you are in the world, I hope you took a moment to appreciate the freedoms we have in the United States. Thank you for the work you do to protect those freedoms.

Please enjoy your friends and family this summer. 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



Planning a Trip?

Learn about AFSPA's
Travel Insurance

Never travel without it.

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