

March is National Nutrition Month



QUICK LINKS

www.afspa.org

[Member Portal](#)

[My Online Services](#)

[Express Scripts](#)

[Provider Directory](#)

[2017 FSBP
Brochure](#)

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

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](#).

TUNE IN

AFSPA's CEO, Paula Jakub, will be a guest on Federal News Radio's *For Your Benefit* program on Monday, March 6 at 10am. You can listen on your radio in the Washington area at

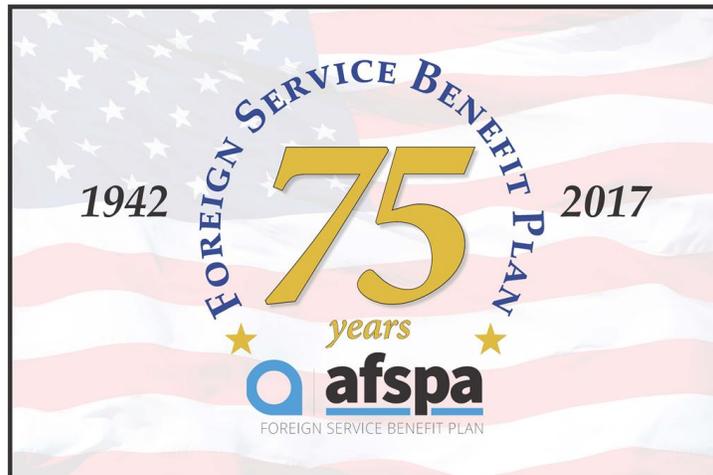
Message from the CEO



Dear AFSPA Member,

Welcome to March 2017! Spring means new beginnings. AFSPA is working on our annual Spring newsletter. We believe it is important to stay connected with our members and provide the latest health information. Please expect to see the Spring newsletter in your mailbox in the upcoming months.

Celebrating FSBP's 75th Anniversary



The year 2017 is very important for us as it marks 75 years since the **Foreign Service Benefit Plan (FSBP)** was established. In 1942, the American Foreign Service Protective Association (AFSPA) began offering health insurance to those in the Foreign Service. Now we have evolved to serve many agencies with a Foreign Affairs involvement, such as DOD, DHS, CIA, etc. We are very proud of offering worldwide coverage for over seven decades. We designed a special logo (shown above) to commemorate this milestone occasion. You can view it on the FSBP web page throughout the entire year. *Caring for your Health Worldwide* for 75 years has been an honor and a privilege. Thank you for your loyalty to the Plan.

1500 AM or at
www.federalnewsradio.com

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 wellness rewards along the way!

DID YOU LIKE US ON FACEBOOK YET?

[AFSPA](#)

[Senior Living Foundation](#)

Tax Season



Springtime also is a time we finalize our taxes. Filing taxes is often stressful and even more so while living abroad. AFSPA partners with [Beers, Hamerman, Cohen & Burger, P.C.](#) to offer our members special discounts and top-notch tax services. You may remember reading their articles regarding the Affordable Care Act's impact for members living abroad in past newsletters. AFSPA members are able to work with one of five CPA tax accountants, each with at least ten years' accounting experience. You receive a complimentary 20-minute consultation and a 10% discount off standard hourly rates. Email taxinquiry@bhcbcpa.com or call 203-787-6527 to utilize these services today. Simply identify yourself as an AFSPA member – retired or active – when you contact the firm. Take advantage of this worthwhile tax services today.

National Nutrition Month



Lastly, March is **National Nutrition Month**. It focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. This would be a great time to explore the Mediterranean Wellness Program offered to all **FSBP** members. The eight week interactive online program gives you access to a registered dietician. It also offers a support manual with information to help manage your weight. If you didn't know, the Mediterranean Wellness Program counts as a Healthy Action for those completing the *Simple Steps to Living Well Together Program*. So start your path to better eating and earn a \$50 incentive credit today. Please refer to the 2017 FSBP Brochure, Section 5(h) to explore the many other programs that can help members with nutrition goals, including our Weight Management Program, Health Coaching Program, and TherapEase Cuisine, just to name a few. And, don't forget the Plan's Nutritional Counseling benefit. See your Brochure in Section 5(a) for more information on this benefit.

A reminder, we mailed the IRS Form 1095-B to FSBP members last week. Please note, the 1095-B form is not needed to file your tax return but it should be kept in your 2016 tax file.

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



AMERICAN FOREIGN SERVICE PROTECTIVE ASSOCIATION

Contact Us

American Foreign Service
Protective Association
1620 L Street NW, Suite 800
Washington, DC | 20036
Tel. 202-833-4910
www.afspa.org

Follow Us

