



Monthly Message from the CEO

May 2017



Dear AFSPA Member,

Greetings and welcome to May 2017! At the American Foreign Service Protective Association (**AFSPA**), we aim to provide you with a valuable combination of services that you can use to manage your health and well-being. Just to name a few, **AFSPA** offers comprehensive health coverage through the Foreign Service Benefit Plan (**FSBP**), dental coverage, long-term care planning services, travel benefits, life insurance, and disability income insurance.

May is National Disability Insurance Awareness Month

Disability income insurance is often overlooked because many people think a disabling illness or injury will never happen to them. But it happens more than they think. Most Federal employees earn very generous sick leave benefits, but it may take a while, several years, to build up adequate time. While many in the Federal workforce have enough sick leave to get them through months of a long-term illness or injury, many more are faced with severe financial challenges should they not be able to work for an extended period of time. If you are a newly hired employee, do not have a substantial amount of sick leave, or you just want added protection, you should consider applying for **AFSPA's** Disability Plan which covers 60% of your annual salary – that's up to \$5,000 a month. We offer two (2) disability plans you can choose from to meet your needs. [Click here to learn more.](#)

FSBP Member Benefit: Quest Diagnostics – Outpatient Lab Card

Did you know that **FSBP** members can receive covered outpatient lab tests performed in the U.S. at no cost - no deductible, no copays, and no coinsurance, as long as you use the Quest Diagnostics Outpatient Lab Card Program? If you are an **FSBP** member, a Lab Card packet recently was mailed to you that includes two (2) Lab Cards and four (4) stickers to affix to your **FSBP** ID card(s). To use this benefit, simply present your Quest Diagnostics Lab Card and/or **FSBP** ID card with the Lab Card sticker affixed to it to your physician and mention you would like to use the Quest Outpatient Lab Card benefit! [Click here to learn more.](#)

Senior Living Foundation supports Foreign Affairs Day

Lastly, the Senior Living Foundation (SLF) is once again a proud

Quick Links

www.afspa.org

[Member Portal](#)

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[Express Scripts](#)

[Find a Provider](#)

[2017 FSBP Federal 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](#).

Health Reminder of the Month

Value Yourself.

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

sponsor of Foreign Affairs Day, happening on Friday, May 5, 2017. This event serves as a homecoming for retirees from the State Department and provides them with an opportunity to engage with active officers and learn about current developments at State. Visit the SLF website at www.slfoundation.org to view past event photos or to make a worthwhile contribution to the Foundation. Your tax deductible donation will assist the many elderly Foreign Service colleagues who turn to the Foundation when they have nowhere else to go for assistance.

I truly hope you enjoy your Memorial Day holiday with your family, as we remember the sacrifices of the men and women who gave their lives in service to our country. As always, thank you for being a valued member and for your continued confidence in our ability to serve you.

To Your Health,

Paula S. Jakub, RHU
CEO, AFSPA
Executive Director, Senior Living Foundation



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