



# Monthly Message from the CEO

October 2017



FOREIGN SERVICE BENEFIT PLAN

OPEN SEASON

November 13 to December 11, 2017

Dear AFSPA Member,

Welcome to Fall 2017! I am very pleased to announce the **Foreign Service Benefit Plan's** 2018 Premiums:

FOREIGN SERVICE BENEFIT PLAN 2018 Premiums					
Bi-Weekly Premium			Monthly Premium		
Self Only Code 401	Self Plus One Code 403	Self & Family Code 402	Self Only Code 401	Self Plus One Code 403	Self & Family Code 402
\$ 66.05	\$161.78	\$163.40	\$143.12	\$350.53	\$354.04

We are pleased to offer a comprehensive benefit package at very competitive rates. As always, the Plan is committed to providing unparalleled service that our unique worldwide membership requires. We strive to demonstrate that every day, even through our premiums.

In many parts of the world, this means transitioning from warm weather to cold weather. You may want to consider getting a flu shot. [According to the Centers for Disease Control and Prevention](#), everyone six months of age and older should get a flu vaccine every season.

The **Foreign Service Benefit Plan (FSBP)** covers flu vaccinations at 100% when obtained at an in-network provider or provider outside the U.S. Many agencies will begin offering the vaccine right there at the workplace. In our ongoing commitment to "Walking the Walk," AFSPA staff received our vaccines in our office on September 25. If we can do it, you can too!

## October is Breast Cancer Awareness Month



Breast cancer is the most common cancer among women in the United States. Annual mammograms can detect cancer early when it is most treatable. **FSBP** covers Breast Cancer Screening mammograms once per calendar year, for women age 35 and older.

This year, **FSBP** began covering a new form of mammogram called 3D breast tomosynthesis, which improves the detection of breast cancer. And starting in 2018, mammograms will be covered for women of all ages. Age and frequency limitations do not apply to screenings if there is a family history or high-risk factors. Please get the screenings you need to identify any health problems early.

### Quick Links

[www.afspa.org](http://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](#)

[FSBP Open Season](#)

Open Season is Just Around the Corner

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



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TO UPDATE YOUR CONTACT INFORMATION IN OUR MEMBER PORTAL



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Open Season is fast approaching. This year, the enrollment period is from November 13 to December 11, 2017. AFSPA staff always travel to various regions of the globe in preparation for Open Season. Any Direct Hire Federal employee who is enrolled or is eligible to enroll in any plan under the Federal Employees Health Benefits (FEHB) Program is invited to attend. This year's topics include:

- Benefits and OPM Initiatives
- Prescription Drugs
- Access to Care
- Wellness Programs
- Overseas Considerations
- FSAFEDS
- FEDVIP



See a few October dates below:

October 16 – Hohenfels, ACS Training Room, Room 221, Building 10 – 12:30 PM

October 16 – Hohenfels Elementary School, Room 253, 3 pm

October 17 – Grafenwoehr Bldg 244, Room 125, 9 am

October 17 – Netzaberg Middle School Information Ctr, 2:40

October 18 – Vilsek Bldg 333, 9 am

October 18 – Vilsek High School Library/Info Center, 3:15

October 23 – Naples, Capo Fellowship Hall, 9 am

October 23 – Naples Elementary School Media Center, 2:45

October 30 - 30 – Alconbury Middle School, Library – 3:15pm

October 31 – Lakenheath High School, Library – 4pm



For a complete list of our Open Season visits this year, please go to [www.afspa.org/openseason](http://www.afspa.org/openseason) and visit our Facebook page [www.facebook.com/afspacares](https://www.facebook.com/afspacares). If you are in the area, please plan to attend one of our Open Season briefings.

### 2017 Fall Newsletter Coming Soon to your Mailbox!



Look for your new Fall Newsletter in your mailbox. Those of you with the Health Plan will also receive a special brochure outlining the details of our Migration from Coventry to Aetna. As the transition will be complete January 1, 2018, please review the Migration Brochure to prepare you for the upcoming changes.

As always, thank you for your trust and for giving us the opportunity to serve you.

To Your Health,  
**Paula S. Jakub, RHU**  
CEO, AFSPA  
Executive Director, Senior Living Foundation