



Quick Links

www.afspa.org

[Member Portal](#)

[My Online Services](#)

[Aetna Navigator](#)

[Express Scripts](#)

[Find a Provider](#)

[2018 FSBP Federal Brochure](#)

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

[FSBP and Medicare](#)

[Senior Living Foundation](#)

Dear AFSPA Member,

Greetings and Welcome to August 2018! This means summer is winding down and a new school year is coming quickly. For those with children, this is a good time to visit the pediatrician and the dentist to ensure a successful and healthy school year.

National Immunization Awareness Month

Along the same lines, **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.

Paula Jakub on Federal News Radio



On Monday, June 18,



2018, AFSPA's CEO Paula Jakob spoke about Wellness in the FEHB program, live on Federal News Radio. She was the featured guest on the "For Your Benefit" show - hosted by Bob Leins and Tammy Flanagan.

[Listen to the full online recording on DC radio channel 1500 AM.](#)



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FSBP Members: Explore Aetna Navigator's Interactive Tools

For those with the **Foreign Service Benefit Plan (FSBP)**, I encourage you to explore the great resources available on Aetna Navigator. I like the Health Decision Support Tool, powered by Emmi. This interactive web-based program makes complex medical information easy to understand. The short online videos can educate you or your children on various health topics, treatment options, and chronic conditions. The Emmi presentations can be viewed anywhere with Internet access. The below screenshot shows a sampling of the health topics available on the site. Just follow these steps to get started:

1. Log into [Aetna Navigator](#)
2. Select "Stay Healthy"
3. Select "Health Decision Support from Emmi."

Each Emmi program takes about 20 minutes to watch. You can view the videos multiple times or pause it to finish later. As you watch the videos, you can write printable notes to bring to your next doctor's appointment. Try it today!

Examples of Interactive Tools

HEALTH DECISION SUPPORT

Learn more about health conditions, treatment options, and surgeries in minutes. Check for recommendations below, or simply choose a topic to begin. We'll save your programs for 90 days. You can always select them again. You can also print the programs after you view them.

CHOOSE A PROGRAM:

Select a Category... or search

Programs you selected:

- Managing Pain with NSAIDs (View)
- How to Explain Your Pain (View)

Select a Category...

- Adult Medicine
- Allergies
- Anesthesia
- Anticoagulation (preventing blood clots)
- Blood Problems
- Blood Vessel Surgery
- Blood Vessels
- Bone and Joint Surgery
- Bones and Joints
- Brain and Nervous System
- Brain and Nervous System Surgery
- Cancer
- Child Medicine
- Cosmetic Surgery
- Dentistry
- Diabetes and Hormones
- Ear, Nose and Throat
- Elderly
- Emergencies
- Eye
- Family Medicine
- Foot
- General Surgery
- Health & Wellness
- Health Care Experience
- Heart
- Heart and Lung Surgery
- Infections

Are You Moving? We Need Your Updated Contact Information

Lastly, summer is an active Transfer/Permanent Change of Station (PCS) time. 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](#).

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