



**Dear AFSPA Member,**

Happy New Year! As this year promises to be interesting and dynamic, we want to keep you informed of all AFSPA's new developments. By now you have received information on the Aetna Claims Migration that took effect January 1st – a few days ago. Please read the migration material carefully and take advantage of the new services that are available to you now.

#### **Important items to note in the Aetna Migration Brochure**



AETNA NAVIGATOR®



NEW FSBP ID CARD

- What your new **FSBP** ID card will look like
- How to read your new Explanation of Benefits (EOBs)
- How to register for Aetna Navigator®, the new online customer service site
- How to use Aetna Navigator®
- What the new provider search tool looks like and how to use it
- How to use the Aetna Mobile app

Also please be sure to begin using your new **FSBP** ID Card and DESTROY any old ones as they are not valid after January 1, 2018.

News on migration will continue to develop through the end of the year. We will keep you updated on our website, on Facebook ([www.facebook.com/afspacares](http://www.facebook.com/afspacares)), and through emails. You can find all the details about migration on our dedicated webpage at [www.afspa.org/fsbp/migration](http://www.afspa.org/fsbp/migration).

#### **FSBP New Featured Benefits**



We are offering many new services to start your new year off in the right direction. Please take the time to review your full Plan brochure. However, I wanted to call special attention to a few featured benefits:

The Plan now utilizes Aetna's National Precertification List (NPL). Please see [Section 3 in the 2018 FSBP Brochure](#) for details on what procedures require precertification and how to obtain it.

You can continue to purchase up to a 30-day supply of your non-specialty medications at a participating network pharmacy. However, you must purchase your maintenance medications (drugs you take regularly for ongoing conditions, up to a 90-day supply from Express Scripts Home Delivery. New in 2018 – if you prefer not to use the home delivery program, you also may purchase your maintenance medications from a participating **Smart90 Retail Network pharmacy**. [See Section 5\(f\) for details.](#)

### January 21-27 is Healthy Weight Week



Many people make resolutions to improve their health at the start of a new year. This may include quitting smoking, losing weight, or developing a regular exercise routine. And – January 21-27 just happens to be Healthy Weight Week.

In 2018, let **FSBP** assist you with your goals. We have many programs that fit your individual needs. Utilize the Mediterranean Wellness Program, an eight-week interactive online program, to reach your fitness and nutrition goals. Health Coaching sets you up with a one-on-one health coach to help you make and reach your health goals regarding stress management, tobacco cessation, nutrition, exercise plans, and more.

[Click here](#) to see a full list of Healthy Actions that are available to you. Don't forget the discounts you receive on Jenny Craig® and GlobalFit® just for being an FSBP member. [Click here](#) and go to the Non-FEHB Programs tab for more information on all our discount programs.

I wish you a prosperous and healthy New Year. 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

