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**Dear AFSPA Member,**

Greetings and Welcome to July 2018! That means summer is in full swing. This warmer season brings picnics, hiking, other outdoor activities and long-awaited vacations. Inevitably, something may occur while traveling that requires a doctor. Where do you go if you need medical advice without going to an emergency room or an Urgent Care Center? And, is the facility in-network? How do I even know how to get there?

### **FSBP's Convenient Telehealth Benefit**

These questions all can be answered by the **Foreign Service Benefit Plan's (FSBP)** convenient Telehealth benefit. This program, offered through our vendor [American Well \(Amwell\)](#), uses a secure mode of information transmission between a patient and a medical professional. Telehealth provides 24/7, on-demand, access to health care providers. Patients physically in the U.S. can connect via phone, mobile, and video. These doctors can treat and prescribe medications (if necessary) for common health issues such as: colds, flu, fever, rash, ear infections, and migraines. In addition, you can participate in online mental health counseling to address depression, anxiety, stress, etc. Telehealth even allows you to meet with a trained dietician for guidance on proper diet and nutrition.

I recently attended a conference and one of the workshop topics specifically focused on Telehealth. The common theme was twofold:

- When infrastructure breaks down; i.e, geography, weather, etc., Telehealth picks up
- Once a patient uses a Telehealth provider, it often becomes preferred to a live visit.

[See pages 33 - 34 of the 2018 FSBP Brochure for details on the Telehealth Benefit.](#) Register now to be ready when that first visit is needed.

## AFSPA's Discount Care Programs

Save 20% to 60% on most dental procedures, plus great savings on LASIK and vision care!



It is easy to sign-up for Telehealth:

1. Download the iOS or Android App by searching for "Amwell" at your mobile device's app store, or
2. Sign-up online at [www.Amwell.com](http://www.Amwell.com) or by phone, 844-733-3627.

To learn more about Telehealth consultations, visit [Amwell's website](#) or call 844-733-3627.



## Take Advantage of your FSBP "Massage" Benefit

Also, July 15 - 21 is *Everybody Deserves a Massage Week* – a perfect reason to schedule a personal massage.

While more research is needed, some studies have found massage may help with:

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome (muscle pain)
- Soft tissue strains or injuries
- Sports injuries
- Temporomandibular joint pain (jaw pain)

**FSBP** covers 40 massage therapy visits a year (up to \$60 per visit). Our wildly popular massage benefit applies to each family member on your health plan. In addition to 40 massages every year, **FSBP** members receive 40 chiropractic and 40 acupuncture visits as well. [See page 49 of the 2018 FSBP Brochure](#) for details on all three of these alternative benefits. You still have time to get in your 40 massages before 2018 ends. [Click here to learn how to file a massage therapy claim.](#)



**NEW!**

Save money on hearing aids.



**TruHearing**

TruHearing has saved hearing aid customers millions of dollars!

Now all AFSPA members can take advantage of these savings at no additional cost to you.

**1-855-205-6252**

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I hope you enjoyed a happy and healthy Independence Day. Every year, this holiday commemorates the adoption of the Declaration of Independence on July 4, 1776. Many Americans celebrated with fireworks, parades, and picnics; however, we always want to remember the true meaning of the day. The Fourth of July represents our nation's history and heritage. Wherever you are in the world, I hope you took a moment to appreciate the freedoms we have in the United States. Thank you for the work you do to protect those freedoms.

Please enjoy your friends and family this summer. 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

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