



Monthly Message from the CEO



July 2, 2019

Dear Nne-Nne Abanobi,

Greetings and Welcome to July 2019! That means summer is in full swing. This warmer season brings picnics, hiking, outdoor sports, 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?

A reminder that the Foreign Service Benefit Plan (FSBP) provides a 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.

To learn more or to register:

1. Download the app by searching for "Amwell" at your mobile device's app store,
2. Visit www.Amwell.com, or
3. Call 844-733-3627.

[See page 33 of the 2019 FSBP Brochure for details.](#)

Register now to be ready when you need that first visit.

Electronic Funds Transfer (EFT) - Online Enrollment Available Now!

Over 60% of **FSBP** members receive their payments via EFT. It offers a faster way to get reimbursed for your

Quick Links

www.afspa.org

[AFSPA Member Portal](#)

[Aetna Navigator](#)

[Express Scripts](#)

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claims. The payments are deposited directly into your U.S. bank account. Traditionally, enrolling in EFT required printing and mailing a completed EFT/Direct Deposit Authorization Form, with a voided check or bank statement. Our partners at Aetna now have made it simpler to sign up for this convenient service.

Register for EFT **online** by visiting www.fsbphealth.com. Click on “Member Resources,” and then “Forms Library.” On the “Forms Library” page, click on “EFT/Direct Deposit Authorization form” to complete the fillable form online. Once you “Submit,” your information is sent securely for processing. It is that easy!

Legal Considerations Webinar

In May 2019, AFSPA partnered with the Foreign Service Institute’s Transition Center to present the annual **Legal Considerations in the Foreign Service Webinar**. Attorneys Jonathan C. Kinney and Lauren Keenan Rote from the law office of Bean, Kinney and Korman, P.C. presented on estate planning including wills, trusts, Powers of Attorney and gifting strategies tailored for foreign affairs employees. [Click here to view the recording of this successful webinar.](#)

All members can take advantage of AFSPA’s Legal Services, either stateside or overseas. Four law offices have agreed to assist our members, at preferred rates. Seek legal counsel for estate planning, employment issues, family law, personal injury, and more. [For details, click here.](#)

Massage Therapy

July 14 - 20 is **Everybody Deserves a Massage Week**. This annual event promotes the benefits of massage – like relieving anxiety, headaches, and bodily injuries. **FSBP** covers 40 massage therapy visits a year (up to \$60, per visit). Our popular massage benefit applies to every covered family member, including children. Visit with any licensed massage therapist – no medical reason required. In addition to your 40 massages annually, **FSBP** members also receive 40 chiropractic and 40 acupuncture visits. [See page 48 of the 2019 FSBP Brochure for details.](#) Start using this year’s 40 massages before 2019 ends. [Click here to](#)

[Cleveland Clinic](#)
[e-Newsletter](#)



NEW: AFSPA's Travel Insurance Now Offers Four (4) Coverage Options!

AFSPA’s travel insurance provides medical evacuation, trip cancellation, and property loss. This extra protection is for you, or your family and friends – while traveling in the U.S. or overseas.

Some members were disappointed because the plans required the trip to originate in the continental U.S. We heard you! **Roundtrip International** now covers U.S. citizens whose trip departs from abroad, up to 30 days.

[Click here to learn more](#) or call 202-833-4910.

[learn how to file a massage therapy claim.](#)

By the way, listen to me on the Federal News Network – *For Your Benefits* show on Monday, July 22 at 10am EST. I will discuss the 2020 FEHB initiatives, wellness programs, and cost drivers on health care trends. [Visit here](#) on **July 22** to hear me live.

Have a happy and healthy Independence Day. Many Americans celebrate with fireworks, parades, and picnics; however, we always want to remember the true meaning of the day. The 4th of July represents our nation's history and heritage. Wherever you are in the world, I hope you take a moment to appreciate the freedoms we have in the United States. Thank you for the work you do to support and protect those freedoms.

Please enjoy your holiday with friends and family. 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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