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Dear AFSPA Member,

Welcome to Summer 2018! By now, you should have seen the [Spring AFSPA in Action Newsletter](#) in your mailbox. It highlights some of our new 2018 **Foreign Service Benefit Plan (FSBP)** benefits and provides helpful Migration updates. The center spread contains a detailed website chart to assist you with navigating our most used online tools and services.

This newsletter also discusses how to manage chronic conditions like back pain and diabetes. It even explains Virtual Lifestyle Management, our online nutrition and weight management program. As always, COO Kyle Longton answers some of your most difficult questions in his ongoing *AFSPA Listens* column. Please take the time to read your Spring Newsletter. It promises to cover a variety of topics and address many of your common concerns.

Livongo: **FSBP's NEW Diabetes Health Benefit**



[According to the American Diabetes Association, diabetes affects over 30 million Americans every day.](#) FSBP's new Livongo health benefit makes living with diabetes easier, at no-cost to you. We have seen a high response to this remote diabetes monitoring program. Since launching in January 2018, it has been embraced by almost 550 eligible members. This demonstrates an extremely high participation rate. Livongo provides a free monitor, test strips, and lancets to enrollees. Members also can communicate with a Certified Diabetes Educator, whenever support is needed. [Click here to register or to learn more about the Livongo program.](#)

Enjoy the Great Outdoors this Summer!

AFSPA's Discount Care Programs

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



June is [National Great Outdoors Month](#) – a perfect time to get out into nature and participate in your favorite activity – hiking, biking, swimming, boating, fishing, softball, tennis, or camping. [The National Safety Council has tons of information on keeping safe while exploring the great outdoors.](#) And, if you are going to eat outdoors during these activities, please make sure to keep your food safe. Foodborne illnesses can occur when food is not handled correctly. [Click here for food safety tips from the U.S. Department of Agriculture.](#) Proper planning can ensure that you and your family stay happy, healthy, and free from harm.



Learn about AFSPA's Travel Insurance

Lastly, summertime usually means visiting family or looking forward to a much-needed vacation. If you are traveling this season or if family is visiting you, internationally or domestically, consider applying for AFSPA's Travel Insurance. This plan can provide protective services and medical coverage in case anything goes wrong. AFSPA's Travel Insurance offers benefits including: referrals to physicians and hospitals, payment for medical claims, emergency evacuation, and more. **This plan is especially important for family members visiting you overseas, if their health insurance does not cover services outside the U.S. (like Medicare).** [Click here to learn more about AFSPA's Travel Insurance.](#)



I hope you and your family enjoy a safe, healthy, and fun-filled summer. We will do our part in delivering the level of service you have come to expect. As always, thank you for your trust in us and for giving AFSPA the opportunity to serve you.

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Paula S. Jakub, RHU
CEO, AFSPA
Executive Director, Senior Living Foundation

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