



Monthly Message from the CEO

September 2017

Dear AFSPA Member,

Greetings and Welcome to September 2017! This means that summer is ending. Many have started a new school year or maybe even moved to a new post. These changes can cause us to vary our routine and even vary our meals.

September is Fruits & Veggies—More Matters® Month

Along those lines, eating more fruits and vegetables helps you and your family be at their best and it may reduce the risk of many diseases. I found a great website that provides tons of information on topics from the Top 10 Reasons to Eat More Fruits and Veggies (which we all should) to Fruit and Vegetable Storage 101. [Check out the website for yourself.](#)

You Still Have Time to Earn your Wellness Incentive Reward

Also, it is not too late to receive \$200 in incentive rewards by completing your Health Risk Assessment (HRA) and Biometric Screening. You can quickly take your HRA online at [My Online Services](#) or on the phone with a health coach by calling 866-237-1442. **You can obtain a Biometric Screening at a Quest Diagnostic Patient Service Center (PSC) at your convenience.** Visit my.questforhealth.com and enter the registration key “aetnafsbp2017” to register and locate a PSC location near you or on your way home. For members who are overseas or who prefer to have their Biometric Screening through their physician, you can print your own Physician Result form. Your provider can complete it and send to Quest Diagnostics. Then, you might as well [complete a Healthy Action](#) for another \$50 wellness incentive reward. **The HRA, Biometric Screening, and Healthy Action must be completed by December 1, 2017 to earn the reward(s).** You only have a few months left.

September is Life Insurance Awareness Month

Lastly, September is Life Insurance Awareness Month. This makes it the perfect time to look at ways to better protect your family's future. Funeral expenses and outstanding bills can create an added burden for your loved ones. To assist, **AFSPA** offers a comprehensive package of life insurances policies for our members' unique needs. Learn more about your options and how to estimate coverage of your



Quick Links

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[2017 FSBP Federal Brochure](#)

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

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needs by browsing the "[Life Insurances](#)" section of the **AFSPA** website. You can apply or enroll in any of our plans at any time.

This time of year is busy for **AFSPA** as we continue to go through the Migration process, prepare the 2018 **FSBP** brochure, and get ready for Open Season travel. We will keep you informed through our website, on Facebook, in the Fall newsletter, and our Open Season mailing. Again this year, look for new benefits and programs at a great premium for 2018!

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

