Dear AFSPA Member,

Greetings and Welcome to September 2018! Summer is leaving, and fall is coming. Many have started a new school year or moved to a different post. Changes in our routine can cause changes in our eating habits. As we enter a new season, be aware of your meal options and make the healthier food choices.

FSBP Members - Retrieve your Medical Information Online

Back-to-school time produces homework for parents – the completion of your child’s standard forms. Most parents must submit immunizations records, medication forms, etc. The school may ask for an emergency contact, a sports physical, and/or an authorization form (permission to medically treat your child, if needed).

Did you know those with the Foreign Service Benefit Plan (FSBP) can retrieve medical information from the Member Engagement Portal (MEP)? This means you can print or download medications, immunization history, and more through Aetna Navigator.

How to access MEP:

- Log in to Aetna Navigator
- Look for the Stay Healthy icon
- Click Discover a Healthier You – you will be directed to MEP
- Click on Records – access immunizations, medications, etc.
- Print/download information from the different health categories

The ability to access and print/download this important information is just one of the many great tools now available to you on the new Member Engagement Portal as a result of migration to the new platform.

September is Healthy Aging Month
September 27, 2018. Attendees of this half-day event will learn about advances in medicine, estate planning, transitioning to home care, and more. Visit SLF’s website for more details and to register.

This annual health observance focuses national attention on the positive aspects of growing older. Now in its second decade, this month provides practical ideas for adults over 45 to improve their well-being. Click here for 10 Tips for Reinventing Yourself during Healthy Aging Month.

**FEDERAL HEALTH BENEFITS OPEN SEASON**

**November 12 to December 10, 2018**

We are preparing to send our 2019 FSBP Open Season packets in the mail soon.

When was the last time you updated your contact information with us?

Click here

TO UPDATE YOUR CONTACT INFORMATION IN OUR MEMBER PORTAL

**NEW!** Save money on hearing aids.

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

Aetna Migration Update

Believe it or not, the effects of the Aetna Migration are receding somewhat. Claims processing time is returning to normal service levels of 10-15 calendar days. The number of calls received has decreased, and wait times are improving. It is taking longer, but we are making progress with our backlog of emails. Many messages are duplicates or follow-ups to previous matters. Our team must examine every email and works to address all your concerns. Please know that we are do value your feedback and are responding as quickly as possible.

September is Life Insurance Month

Lastly, September is Life Insurance Awareness Month. This is a perfect time to look at ways to better protect your family’s future. Funeral expenses and outstanding bills can create an added burden on loved ones. To assist, AFSPA is offering a webinar called Life Insurance 101 on Friday, September 28, 12pm to 1pm EST. It will give you the basic information on how to choose a policy and how much coverage is needed. Click here to learn about the webinar and to register for this online event. For those who cannot attend that day,
a recording of the live presentation will be available after the event.

This remains a busy time of year for AFSPA. We are managing the Migration process, preparing the 2019 FSBP brochure, and getting ready for Open Season travel. We will keep you informed through our website, on Facebook, in the Fall newsletter, and our Open Season mailing. Look for new benefits and programs at a great 2019 premium! Also, check your mailbox for the 2018 Summer Newsletter.

As always, thank you for your loyalty and for giving AFSPA the opportunity to serve you.

To Your Health,

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