

Know Where to Go

Save time. Save money.



FOREIGN SERVICE BENEFIT PLAN

If you ever experience an emergency, dial 911 immediately. However, if you need medical care and it's not life-threatening, it pays to know your options. **Choosing the right care setting can save you time and money!**

	Know Where to Go:	You Pay*	If You Are Experiencing:
	Telehealth through Teladoc® Visit Teladoc.com/Aetna for more information	Nothing	Minor illnesses such as colds, flu, sinus problems, fevers, rashes, ear infections and migraines
	24/7 Nurse Line Call 855-482-5750 or 704-834-6782	Nothing	A health concern or need advice on what to do and where to go
	MinuteClinic® inside CVS Pharmacy® and Target stores	Nothing	Minor illnesses such as ear infections, congestion, urinary infections, and bronchitis
	Convenient Care Clinic	\$10 Copayment	Minor illnesses such as ear infections, congestion, urinary infections, and bronchitis
	Primary Care Provider	10% Calendar year deductible applies	Ongoing medical issues and chronic conditions
	Primary Care Provider, Preventive care	Nothing	Preventive care such as routine physicals and screenings
	Urgent Care Center	\$35** Copayment	Minor illnesses such as ear infections, congestion, urinary tract infections, bronchitis, and migraines
	Emergency Room***	10%**	Severe chest pain, deep wounds, broken bones, head or eye injuries

*Represents in-network benefits. For out-of-network benefits, see the Official Plan Brochure located on afspa.org/fsbp.

**Accidental injury in Urgent Care Center or Emergency Room (ER) - Nothing (no deductible); Medical Emergency in ER 10% subject to calendar year deductible.

***In an emergency, call 911 or go to the nearest emergency room.

For more information or questions, please contact us:

Foreign Service Benefit Plan
 1620 L Street NW, Suite 800
 Washington, DC 20036

Secure email: afspa.org/fsbp411
 Website: afspa.org/fsbp
 Telephone: **202-833-4910**

*While only your doctor can diagnose, prescribe or give medical advice, the Nurse Line can provide information on a variety of health topics.

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For your best health, we encourage you to have a relationship with a primary care physician or other doctor. Tell them about your visit to MinuteClinic, or MinuteClinic can send a summary of your visit directly to them.

This is a brief description of the [Foreign Service Benefit Plan](https://afspa.org/fsbp). Before making a decision, please read the official Plan Brochure (RI 72-001). All benefits are subject to the definitions, limitations and exclusions set forth in the official Plan Brochure.

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FSBPKWTG 12.20
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