

**ACCIDENT AND SICKNESS PROGRAM FOR EXCHANGES (ASPE)
KNOW BEFORE YOU NEED (Outbound from the US)**

1. ECA-funded exchange participants are covered by the Accident and Sickness Program for Exchanges (ASPE), the Department of State's **self-funded, limited health care benefits plan**. The plan is NOT an insurance policy and provides **limited** coverage for accidents and emergencies while on program, in your host country. **ASPE is secondary to any primary insurance that you may carry. You will need to submit claims to both your primary and secondary insurance, simultaneously.**
2. The plan is **administered by Seven Corners**. You are encouraged to read the entire benefits guide and review the website, **prior** to departure for your program. You can review the complete benefits guide, to include program policies and procedures and benefit limitations here: <https://www.sevencorners.com/gov/usdos> . **This sheet does not replace the information that is in the ASPE Health Benefits Guide or website.**
3. **Your enrollment period matches your program dates on your ASPE card**. You are not covered by ASPE outside of your enrollment period or outside of your host country. **Your ASPE coverage ends if / when your program ends, is suspended for any reason, or you leave your program.**
4. **ASPE does not cover dependents**. Dependent policy coverage must include emergency evacuation and repatriation services.
5. If you are currently **prescribed maintenance medications** that you plan to continue taking while on your program, it is your responsibility to inquire about whether those medications are allowed in your host country, prior to the start of your program. **You should also bring a full supply (plus extra days) of any maintenance medications or supplies that you may need, to last for the duration of your program.** Contact Seven Corners Customer Service about questions concerning prescription medications.
6. Participants should **always carry their ASPE cards with them** and present them to any health care provider or pharmacy, at the time of service. Keep copies of all receipts / records / documentation that may be needed for claims.
7. **Communicate with your program contacts** during any medical situation that may present – including any support or assistance needed with ASPE. **If you are experiencing a medical emergency, seek help and medical services, immediately!**
8. While in your host country, if you are experiencing a medical incident, you must also present your ASPE information to the treating facility, as well as contact Seven Corners, **immediately - at the onset of a situation**. Contact information for Seven Corners is listed on the back of your ASPE card. Provide your full name and ASPE number.
9. **ASPE ASSIST:** Crisis Management Assistance and Mental Health Support -Toll free: 1-833-963-1269 Worldwide: +44-20-3859-4463
Email: Anvil_aspesupport@everbridge.com
10. **ASPE and COVID-19:** COVID-19 is treated like any other illness under the ASPE policy. If a participant is not feeling well, they should seek medical attention, immediately, and present their ASPE information to the provider. Based on the symptoms and the medical examination, the medical provider may recommend next steps, to include COVID-19 testing. If a participant requires further treatment and / or MEDICAL quarantine in a MEDICAL facility is prescribed by the treating medical professional in the host country, these costs may be eligible for coverage under ASPE. Self-Quarantine / self-isolation outside of a medical facility (i.e., a hotel or at home), is NOT eligible for coverage under ASPE.
11. **Final determination of what may or may not be covered under ASPE is determined after Seven Corners receives and processes all claims**, including any supporting documentation, medical records, and other documentation from your primary insurance (where applicable). You are responsible for paying co-pays for all ASPE services (co-pays are not reimbursable).
12. **This information does not replace the information that is in the ASPE Health Benefits Guide or ASPE website through Seven Corners. You are responsible for reviewing all information, prior to departure for your program.**
13. **Contact Seven Corners Customer Service, directly, with any questions that you may have about the ASPE policy, prescription coverage, claims, etc.** - Seven Corners Customer Service: 1-800-461-0430 or usdosinfo@sevencorners.com .
14. **For any additional questions regarding ASPE, please contact the Department of State ASPE Program Manager:**

Elizabeth Royal, Manager
ASPE – Accident and Sickness Program for Exchanges
Department of State – ECA

Email: RoyalEA@state.gov Mobile 202-733-8785 (for emergencies)

**For all queries, be sure to include your full name and ASPE number for reference.*

ASPE – Know Before You Need- June 2022 – Outbound from the US