

Mediterranean Wellness Program Certificate of Completion Congratulations!

You have completed 100% of the Mediterranean Wellness Program, a Special Feature of the **FOREIGN SERVICE BENEFIT PLAN (FSBP)**. In the course of this program, you have learned the following:

- What real food is
- How to pull your sweet tooth
- How to control portion distortion
- How to turn down your "appetite thermometer"
- How to control chronic consumption between meals
- How to prevent stress-induced over-consumption
- How to set meaningful goals that will pull you forward for life

Your completion of the program has earned you a **\$50 credit toward next year's FOREIGN SERVICE BENEFIT PLAN calendar year deductible**. The Plan will notify you once the deductible credit has been applied to your **FSBP** file.

If you have any questions or comments, please let us know.

Sincerely,

FOREIGN SERVICE BENEFIT PLAN

