

Ascension SmartHealth Member Newsletter September 2024

Get the latest updates, reminders and resources about all the valuable benefits SmartHealth has to offer.

Prepare for cold and flu season

SmartHealth members should begin planning for the fall season, including scheduling vaccines (Flu & Covid) with your doctor and knowing where to receive testing and care when you or your family become sick. Visit this SmartHealth web page to learn more about convenient Tier 1 locations, including urgent care, virtual care and after-hours clinics. Seeing providers in the Tier 1 network will ensure your care is coordinated and provide the lowest out-of-pocket costs. Visit this page to understand more about network Tiers and impact on out-of-pocket costs.

October is Breast Cancer Awareness Month

Breast Cancer Awareness Month is an international health campaign that's held every October. The month aims to promote screening and prevention of the disease, which affects 2.3 million women worldwide. Breast cancer is the second most common form of cancer and cause of cancer death for women in the United States. If you're female, age 40 or older, and haven't had a mammogram in the past year, you might be due for your breast cancer screening. Talk to your doctor about your breast cancer risk and get your screening scheduled.

For more information on preventative care services.

Changes coming to the SmartHealth app

Introducing the Ascension One app. An easier way to manage care for you and your family. The new Ascension One app will replace the SmartHealth app and will offer enhanced features and plan access tools.

The Ascension One app is connecting the dots for your healthcare across hospitals and clinics with a new and more personalized account for managing all aspects of your care all in one place. An Ascension One account



can be created at ascension.org or through the new app.

- View SmartHealth id cards and claims
- Access your SmartHealth plan benefits and coverage.
- Find Care Schedule, reschedule and view upcoming or past appointments.
- Check your balance and pay bills, anytime
- View your test results as soon as they are ready.
- Stay connected with your doctor and care team

Visit the Ascension One app page for more details.

*The SmartHealth app will be available till the end of 2024.

Connect with a mental health expert who specialized in you

Ascension employees with SmartHealth insurance now have access to Rula. This new benefit connects you with a network of over 10,000 licensed therapists and psychiatrists across the country representing more than 80 clinical specialties and a diverse range of backgrounds. Rula makes it easier than ever to find the right mental health support for you. Take advantage of this valuable resource and meet with your therapist in as little as 48 hours by going to rula.com/ascension-smarthealth.

Learn more in this brief video

Searching for a way to create healthy habits?

Whether it's eating healthier, exercising more, boosting your energy, sleeping better or reducing stress—a good plan is the best first step. Your Vida Health coach can help. Vida Health is a free benefit to help you build habits to reach your health goals. Not a Vida member yet? Download the Vida Health app from your phone's app store or visit vida.com/smarthealth to get started.

Check out this flyer for more information.

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Looking to move your prescriptions to Ascension Rx?

Are you looking to move your prescriptions to Ascension Rx and would like help? We have created several videos to help you.

1. How to onboard with Ascension Rx

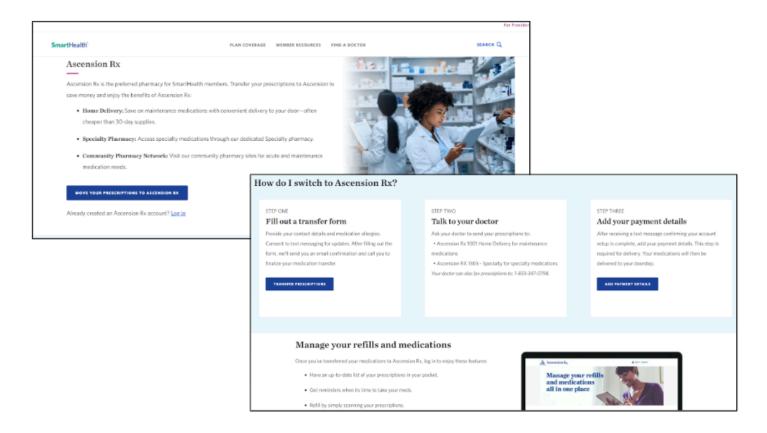


- 2. How to have your doctor send a prescription to Ascension Rx
- 3. Navigating the Ascension Rx app
- 4. Receiving automatic refills for your maintenance medications
- 5. Updating your information with Ascension Rx

Please visit the <u>Ascension Rx video page</u> to view each of these videos and learn more about Ascension Rx.

New Ascension Rx home page launched

A new designed look for the Ascensionrx.com webpage has been launched. This new site makes navigating the site easier and puts the most important information up front to provide a better member experience. Take a look: Ascensionrx.com



To stay up to date on SmartHealth benefits, visit mysmarthealth.org.



