

SmartHealth[®]

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.](#)

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 [Ascension Rx video page](#) 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

The screenshot displays the Ascension Rx website interface. At the top, there is a navigation bar with 'SmartHealth' on the left and 'PLAN COVERAGE', 'MEMBER RESOURCES', 'FIND A DOCTOR', and 'SEARCH' on the right. The main content area features a 'For Provider' label in the top right corner. Below the navigation, the 'Ascension Rx' section is highlighted with a blue underline. It includes a sub-header 'Ascension Rx' and a paragraph: 'Ascension Rx is the preferred pharmacy for SmartHealth members. Transfer your prescriptions to Ascension to save money and enjoy the benefits of Ascension Rx:'. Three bullet points follow: 'Home Delivery: Save on maintenance medications with convenient delivery to your door—often cheaper than 30-day supplies.', 'Specialty Pharmacy: Access specialty medications through our dedicated Specialty pharmacy.', and 'Community Pharmacy Network: Visit our community pharmacy sites for acute and maintenance medication needs.' A blue button labeled 'MOVE YOUR PRESCRIPTIONS TO ASCENSION RX' is positioned below the text. A link reads 'Already created an Ascension Rx account? [Log in](#)'. To the right of the text is an image of two healthcare professionals in a pharmacy setting. Below this is a section titled 'How do I switch to Ascension Rx?' which contains three steps: 'STEP ONE: Fill out a transfer form', 'STEP TWO: Talk to your doctor', and 'STEP THREE: Add your payment details'. Each step includes a brief description and a blue button. The bottom section is titled 'Manage your refills and medications' and lists three features: 'Have an up-to-date list of your prescriptions in your pocket.', 'Get reminders when its time to take your meds.', and 'Refill by simply scanning your prescriptions.' An image of a person using a mobile app is shown in the bottom right corner of this section.

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



