

# SmartHealth

## Ascension SmartHealth Member Newsletter: April 2025



### Thank you for participating in the SmartHealth member survey!

The SmartHealth member survey closed March 31st. Thank you to all the members that participated. We will use the survey results to improve communication and benefits.



### Stay up to date with SmartHealth benefit information

At SmartHealth, your well-being comes first. We want to make sure you're always in the loop about important benefit updates and helpful reminders. Keep an eye out for texts from us—they're designed just for you. Please also check your email, read our newsletters, and visit [mysmarthealth.org](https://mysmarthealth.org) regularly to stay current and maximize your benefits.



## Save more with these SmartHealth benefits

SmartHealth is focused on providing you exceptional healthcare at affordable prices. That's why we offer benefits that help reduce out-of-pocket costs without compromising your quality of care.

### Explore cost-saving benefits:

- **Tier 1 providers:** Choosing providers within the Ascension Network (Tier 1) reduces your out-of-pocket costs and improves your experience by giving your care team streamlined access to your health history for personalized care.
- **Tier 1 Labs:** When working with your Ascension provider to plan for labs services such as [insert examples], be sure those facilities are approved Tier 1 facilities or you could pay more.
- **Ascension Rx:** Moving your prescriptions to Ascension Rx helps you avoid full out-of-pocket costs for outpatient maintenance and specialty medications.
- **In-network urgent care clinics:** SmartHealth ensures you have access to affordable and convenient care at urgent care clinics. PPO members now have reduced copays for Tier 1 (\$50) and Tier 2 (\$75) urgent care providers. Virtual visits through [Amwell](#) are also available at a reduced rate.
- **Spending accounts:** If you're enrolled in a health savings account (HSA), flexible spending account (FSA) or dependent care FSA, you can use pre-tax dollars to cover eligible expenses. You can increase your savings by contributing up to the maximum amount each year.
- **2025 contribution limits (minimum and maximum amounts):**
  - HSA: \$4,300 individual / \$8,550 family (no minimum)
  - FSA: \$260 - \$3,200
  - Dependent care FSA: \$260 - \$5,000
  - Contribution limits depend on your eligibility status: [Eligibility Webpage](#)

Learn more about your benefits on [mySmartHealth.org](https://mySmartHealth.org) or through the SmartHealth interactive guide.

SMARTHEALTH INTERACTIVE GUIDE



## SmartHealth benefit highlights: Mental Health and Wellness programs

### **Rula: Access to therapists**

[Rula](#), our partner in mental health support, is your dedicated resource to help you recognize the signs of an eating disorder and/or navigate help for other mental health challenges. Click here to get started: [www.rula.com/ascension-smarthealth](http://www.rula.com/ascension-smarthealth).

### **Vida: Help for managing chronic conditions and weight loss**

Vida's health coaches specialize in offering effective strategies and tips for adopting a healthier lifestyle. Whether you are interested in boosting physical activity, enhancing nutrition, reaching weight targets or aiding in tobacco cessation, we've got you covered.

Your Vida Health Coach can help you navigate better choices. *Not a Vida member yet? Download the Vida Health app from your phone's app store or visit [vida.com/smarthealth](http://vida.com/smarthealth) to get started. [Click to learn more about Vida.](#)*

### **Sword Thrive: Digital physical therapy program**

Sword Thrive is designed to help you overcome your joint, back or muscle pain—all from home. Combining licensed PT with easy-to-use technology, Sword Thrive is more than just convenient. This program is open to all SmartHealth members ages 18+ except in the Nashville, Tennessee market.

[Click to learn more about Sword Thrive.](#)



## Get help with medication questions and concerns

Pharmacists on our SmartHealth Pharmacy Medication Management team are here to help you navigate medication-related questions, issues and concerns. By collaborating with your providers, our pharmacists can assist you in managing your medications more effectively. Our pharmacists provide valuable information, tips, resources and tools to improve both your health and medication use.

This service is *free* to all SmartHealth members. Any member can access a pharmacist in their area by calling our toll-free number at 1-877-560-4303 and pressing the option based on their state of residence.

PHARMACY MEDICATION MANAGEMENT INFO AND VIDEO

Thank you for being a valued SmartHealth member. If you have questions about your SmartHealth plan, please call customer service at 888-492-6811 or visit [MySmartHealth.org](https://MySmartHealth.org).



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