SmartHealth®

Get prepared for the new benefit year

As 2022 comes to a close, here are several reminders to help you prepare for 2023:

- **All members will receive new medical and pharmacy ID cards in the mail.** However, downloading the [SmartHealth app](#)* ensures you can use all your medical and pharmacy benefits in the new year without the wait.

- **You can use pre-tax dollars from your health spending account to pay for some over-the-counter (OTC) medications for heartburn, stomach acid and allergies.** These OTC prescription medications will no longer be covered, but paying directly for these medications generally costs less than the set copay amount in our prescription plan. Plus, Ascension Rx is offering a discount on 90-day supplies of these medications now with convenient home delivery. For additional details, call 833-Meds-ARx (633-7279).

- **While the SmartHealth Well-being program will not continue, Ascension offers several valuable resources to associates and their families:**
    - [Ascension myCare.](#)
    - [Ascension Wysa](#).
    - [Well-being sessions](#).

- **Standard cost sharing will apply for COVID-19 inpatient treatment.** Mandated coverage will continue until the public health emergency is lifted. [Learn more.](#)

- **Retrospective authorizations will no longer be accepted.** This means if a service was rendered that required *prior* authorization (PA), and PA was not requested and approved, the claim will be denied (unless under extenuating circumstances, noted in the plan document). So be sure to get your authorizations **before** receiving care to get the most out of your coverage.

- **Kroger pharmacies will no longer participate in our Cigna pharmacy network.** However, there are many local Ascension Rx pharmacy locations, plus home delivery on specialty and maintenance medications. To find an in-network pharmacy, visit [ascensionrx.com](#) or [Cigna.com](#).

- **SmartHealth is changing the Tier 2 Network to the Blue Cross Blue Shield - Illinois (BCBS-IL) Select Network.** In support of initiatives to ensure SmartHealth remains affordable, the BCBS-IL Select Network will replace the current BCBS National Network. As a result, the following providers and facilities will no longer be in network:

Facilities:

- Northshore University
- Universal Health Services (partial)
- University of Chicago
- US Healthvest (partial)
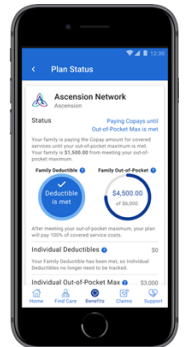- Hospital Sisters Health System
- OSF HealthCare (partial)

Providers:

- North Shore University medical group
- North Shore University - Evanston medical group
- North Shore University - Highland Park medical group
- North Shore University - Skokie medical group
- North Shore University - Glenbrook medical group
- University Of Chicago Medicine medical group
- University Of Chicago Medical Center medical group; Ingalls Memorial

Please note: These providers will continue to be available, with claims paid subject to out-of-network deductibles, coinsurance and out-of-pocket limits. Please refer to mysmarthealth.org for detailed information.

Get your SmartHealth benefits and resources at your fingertips

Download the SmartHealth app today to find a doctor, view your deductible amounts, health spending account balances, claims and more.*

Visit the health library for nutrition and wellness resources

Ascension Care Management provides a health library with a multitude of resources on healthy living, including nutrition, general wellness, herbs, supplements and much more.

Learn more.

Healthy recipe: Deviled eggs

Easy to prepare, this recipe makes a delectable, healthy appetizer perfect for holiday parties.
Go to recipe.

Please note: The SmartHealth mobile app is currently unavailable to Ascension Illinois and Our Lady of Peace members, as well as those in the Socially Just Benefits Health Benefits Subsidy.

Ascension

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