

# SmartHealth<sup>®</sup>

## Ascension SmartHealth Member Newsletter, Jan. 2023

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

### Get the most out of your plan

SmartHealth is here to connect you to doctors and care teams who listen and provide the care that's right for you and your covered dependents. **Learn more with the new member guide**, which has information on:

- Making the most of your coverage by staying in-network.
- How to manage your costs and coverage with the SmartHealth app.
- Your insurance cards and when you need them.
- Your pharmacy benefit.
- Care management, spiritual care, etc.

[Download member guide now](#)

**OKTUL only** - Still have questions? Check out [these FAQs](#) or call Customer Service at 888-492-6811.

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### Thinking about your new year resolutions? Here is one you can keep

When it comes to managing your health, a primary care doctor can help you get healthy and stay healthy. You can see a primary care doctor for many of your care needs, ranging from preventive care and screenings to helping you manage chronic conditions, your mental health and sick visits. If you haven't done so already, now is a good time to choose a primary care doctor, especially as we head into the new year.

To find an Ascension Network (Tier 1) provider, visit [mysmarthealth.org](https://mysmarthealth.org). By staying within the Tier 1 Network, there are many benefits, including:

- Lower out-of-pocket costs.
- Streamlined, faster service - your providers will have access to your health history, providing a more seamless experience when visiting other Ascension Network providers.
- Higher-quality care and improved health outcomes.
- To find a doctor or location, visit [mysmarthealth.org](https://mysmarthealth.org).

**(Please note:** Members on benefit elevation or the out-of-area plan can visit a Tier 2 provider and receive Tier 1 coverage.)



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## Find the tools that can help you with spiritual and mental health

Whether you need help managing stress or relationships, SmartHealth is here to connect you to the resources you need.

Click here to access [free virtual spiritual care](#) and [here](#) to access free short-term counseling, offered by Ascension's employee assistance plan.

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## Make healthy changes with a diabetes prevention health coach - **ILARL ONLY**

Long-term lifestyle changes can be difficult to make on your own, but with the support of a health coach, you can make your goals a reality. The Ascension Illinois Wellness department offers a free, virtual, year-long program that aims to prevent type 2 diabetes through goal setting and educational sessions with a wellness specialist. These educational sessions include lessons on how to eat healthy and incorporate physical activity into your busy life.

[Learn more](#)

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## Healthy recipe: Strawberry shortcake french toast

Easy to prepare, this recipe makes a delectable, healthy breakfast.

[Go to recipe](#)



To stay up to date on SmartHealth benefits, visit [mysmarthealth.org](https://mysmarthealth.org).