

SmartHealth[®]

Ascension SmartHealth Member Newsletter, June 2023

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

Introducing Vida

A NEW SmartHealth benefit! Vida Health is an online and virtual care platform that offers SmartHealth members personalized health coaching and therapy combined with digital therapeutic programs tailored to specific needs and health goals. Vida Health can assist members that have been diagnosed with a chronic condition (such as obesity, diabetes, prediabetes, high blood pressure, high cholesterol, etc.). This program will be available July 1, 2023 for all SmartHealth members and their spouses/dependents 18+ enrolled in the SmartHealth medical plan that have been diagnosed with a chronic condition.

Vida Health matches members to a free health coach to help them lose weight, lower their blood sugar, improve blood pressure or cholesterol, feel less stressed, and build sustainable healthy habits. With Vida's human coaches empowered by a mobile app, members can access a customized program designed for them and their health goals.

SmartHealth members can start signing up for Vida on July 1, 2023. Getting started is easy:

- 1.) Download the Vida Health app and create an account. Be sure to choose SmartHealth as your organization.
- 2.) Choose the health areas you would like to focus on and select a coach that fits your schedule.
- 3.) Schedule your first session to start getting healthier.
 - a.) Learn more at vida.com/smarthealth

Anti-Obesity Medication Updates

As part of our standard practice to continually review the long-term outcomes, national coverage benchmarks, and cost-effectiveness of covered medications for all SmartHealth plan members, a team of clinician, pharmacy and benefit leaders evaluated anti-obesity drugs across the SmartHealth membership. Following this careful review of benefits, SmartHealth determined that anti-obesity drugs will no longer be covered as part of its pharmacy benefit effective July 1, 2023. These drugs will be excluded from the Rx benefit. SmartHealth members continue to have access to weight loss services provided through clinics and provider offices.



Effective July 2023, any prescriptions written for anti-obesity drugs will require the member to pay directly for the medication. These costs are not applied to a member's annual deductible nor toward their annual out-of-pocket expense.

The decision reflects Ascension's goal to balance how to provide the most effective combination of benefits to support the health and well-being of our SmartHealth members.

However, as a result of our recent clinical review, SmartHealth may continue to provide coverage of anti-obesity medications under specific and limited circumstances while under direct care from a bariatric clinician. Members should speak with SmartHealth Care Management at 1-855-288-6747 for additional information, or referral if needed.

Talk with your doctor about options for successful long-term weight loss and options for weight management programs. SmartHealth offers a variety of ways to support you on your journey to better health, including access to:

- Bariatric specialists and related clinics
- Launching in July: No-cost digital cardiometabolic programs and support from [Vida Health](#)
- Ascension Rx (ARx) guidance with applying for pharmaceutical manufacturer assistance where available. The ARx Medication Access Team can be reached at 1-833-980-2352 (Option 1).
- For additional resources around weight loss programs and education, please visit: https://www.cdc.gov/healthyweight/losing_weight/index.html.

COVID-19 Public Health Emergency (PHE) ending

Based on current COVID-19 trends, the Department of Health and Human Services is ending the PHE for COVID-19 effective May 11, 2023. SmartHealth will be following their guidance and returning coverage to standard member cost-sharing effective July 1, 2023. COVID-19 will be categorized similar to other infections like the flu and normal benefits will apply.

In case you missed it: Download the SmartHealth member guide

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.



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