

SmartHealth[®]

Ascension SmartHealth Member Newsletter, June 2024

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

Ascension Rx pharmacies are open

Ascension Rx retail, home delivery and specialty pharmacy sites are open and able to meet your prescription needs. This means:

- Prescriptions can be filled through Ascension Rx.
- Providers can send prescriptions to Ascension Rx pharmacies for their patients.
- If you used a non-Ascension Rx pharmacy during the system downtime, you can move your prescription back to Ascension Rx to get the best prices and most reliable access to your prescriptions.

Ascension Rx is the preferred pharmacy for SmartHealth members. We're here to help ensure you receive the care you need. If you have questions, please call [Ascension Rx](#) at 833-Meds-ARx (633-7279).



AmWell Virtual Care

Amwell Virtual Care can provide you with 24/7 access to an experienced doctor or advanced practitioner via an urgent care video visit. Online appointments with experienced psychiatrists, psychologists or counselors are also available. Sign up online or download the app available on [Google Play](#) and the [App Store](#).

IMPORTANT: When you sign up on Amwell be sure to enter the service key **"SMARTHEALTH"** or you may be charged a higher rate for your visit.



Enroll in a Wellness program

Get healthy.

If you're dealing with pre-hypertension, hypertension (high blood pressure), pre-diabetes, or aiming to shed some weight, our wellness program is tailored just for you. Our 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.



Ascension

Your health coach will work with you to achieve successful outcomes by providing education, accountability and support. Our care management teams have received condition-specific training that enables them to help you achieve your goals.

Enroll today!

Submit [contact form](#) OR scan the QR code to connect.



Did you know that SmartHealth offers a new digital, chronic condition program by Vida Health?

Through Vida's easy-to-use mobile app, individuals can get guidance, support and accountability from their own expert provider like a registered dietitian and certified health coaches. To learn more about Vida Health, visit vida.com/SmartHealth to get started or download the Vida Health app from your mobile phone's app store.

Improve your health this summer

The benefits of walking

Regular physical activity is one of the most important things you can do for your health. Moderate activity, like a brisk walk, is a great way to get active and an easy way to make exercise part of your daily routine.

Here are a few advantages of choosing walking as your exercise of choice:

- Walking is free.
- You can enjoy nature while walking.
- Walking is a great group activity. You can ask your friends and family members if they want to join in on the fun.
- It is a safe and risk-free form of physical activity.



Walking also has many health benefits such as:

- Improving blood pressure, cholesterol, stress and depression.
- Aiding with weight loss and reducing your risk of other diseases like heart disease and dementia.
- Promoting good health with exercise because you are working to get the blood flowing in your body.

Be sure to drink plenty of water during your walk. Bring a refillable water bottle with you. You should also stretch for at least 5-10 minutes both before and after your walk.



You can adjust your walking routine based on how used to being active you are. If being active is new to you, then aim for 10 minutes of brisk walking each day. From there, you can adjust the time according to how you are feeling. Pro tip: Aim for at least 30 minutes of brisk walking for five days a week.

Please be sure you talk with your doctor before starting any exercise program.

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

