

SmartHealth[®]

Ascension SmartHealth Member Newsletter, May 2023

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

In case you missed it: Download the new 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.

[Download now](#)

Find the Right Care for your Well-Being

Ascension provides so many well-being offerings that sometimes it's hard to know where to turn first. Use this updated chart to find the right care for your unique well-being journey. Please note some of the offerings have recently changed.

[Click here to download the graphic;](#) or [visit the myCare site to work on your well-being today!](#)

Update on Virtual Care benefits for SmartHealth Members

SmartHealth cares about your health. A part of your SmartHealth benefits is virtual care resources. Ascension Online Care is no longer available but you will still have access to the same services and providers on Amwell.

You can use online care benefits with Amwell to talk with an experienced doctor or advanced practitioner through a video visit for your urgent care needs 24/7. You can also schedule a mental health appointment online with an experienced psychiatrist, psychologist or counselor. These providers are in the SmartHealth network but are not employed by Ascension. Visit smarthealth.amwell.com to get started or by downloading the Amwell mobile app. Once registered, you will gain access to board-certified doctors and licensed therapists and



psychiatrists on Amwell.

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

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

