

SmartHealth[®]

Ascension SmartHealth Member Newsletter, Oct. 2022

This newsletter shares important updates, reminders and resources related to the Ascension SmartHealth medical plan

Top 3 reasons to get the flu shot

1. Can protect you from flu illness and hospitalization

As you may know, getting vaccinated results in increased immunity against the flu. You are less likely to be hospitalized or have a severe illness if you get the flu after being vaccinated. If you want to limit your chances of contracting and being very sick with the flu, getting the shot is your best choice.

2. Can protect more vulnerable people

Not everyone is eligible for the flu vaccine, making getting vaccinated more critical for those who can. When more people are vaccinated, the seasonal flu spreads less. This means that young infants and high-risk individuals are less likely to contract the illness and have complications.

3. Can save the lives of children

[According to the CDC](#), in a 2017 study, children who received the seasonal flu vaccination saw a statistically significant decrease in death from the flu. It is a good idea to get the entire family vaccinated so everyone is protected.

[Read more.](#)

Benefits open enrollment

Benefits open enrollment is this fall. Keep an eye on your Ascension email inbox for communications from HR to make your elections during your enrollment window. Here's what is changing in 2023:

- **Changes for certain medications.** Paying directly for over-the-counter versions of some heartburn, stomach acid, and allergy medications generally costs less than the set copay amount in our prescription plan, so these prescription medications will not be covered in 2023. You can use pre-tax dollars from your health savings account (HSA), flexible spending account (FSA), or health reimbursement arrangement (HRA) to cover these expenses.
 - **SmartHealth Well-Being program.** As Ascension looks to enhance offerings based on associate feedback, the SmartHealth Well-being program will not continue in 2023. However, Healthy Rewards earned in 2022 will be deposited into member accounts by the end of the year.
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New feature available on SmartHealth app

The SmartHealth app will now send members a push notification when information about a new claim becomes available. If you haven't already downloaded the app, do so today to:

- See what your plan covers.
- Find a doctor.
- View your deductible amounts, claims, EOBs, ID cards and health savings account (HSA) or flexible spending account (FSA) balance.
- Access virtual urgent care and mental healthcare services.



Covered dependents can create their own accounts, too. To download the app, scan the QR code to the right, or search your app store for "Ascension SmartHealth."

Ascension Wisconsin Hospital is now open in Menomonee Falls, Greenfield and Waukesha

For chest pain, allergic reactions, breaks or strains, emergencies can't wait. These Tier 1 locations in Menomonee Falls, Greenfield and Waukesha are open 24/7 and provide average wait times under ten minutes to deliver the care that's right for you. With inpatient and emergency care, imaging and labs, and doctors who listen, the care you need is now closer to home. [Learn more.](#)

Healthy recipe: Vegetable soup

Easy to prepare, this recipe makes for a delectable meal.

[Go to recipe.](#)



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