

## Visit an in-network doctor today

Being an Ascension Personalized Care member means you will always have access to our in-network doctors and locations. To find a doctor or location, click the Find a Doctor button below. From there, you will be able to see a list of in-network doctors and locations.

Members also have access to Ascension Online Care, available 24/7. Get the care you and your family need using your smartphone, tablet or laptop. It's easy to use, private and secure. Our experienced care team provides online care - including diagnosis - for a wide variety of symptoms and conditions. Visit [ascensiononlinecare.org](http://ascensiononlinecare.org) or download the Ascension Online Care app to your mobile device.



Out-of-network doctors are not covered by your Ascension Personalized Care plan. If you see a doctor who is not within the Ascension Personalized Care network you will be responsible for the full amount of the service. Emergency services provided by an out-of-network doctor will be covered at the network doctor level when the services provided are for a medical emergency. Please refer to your member handbook for more information.

[Find a Doctor](#)

### Automatic payments

We are currently working on an automatic payment feature that will be available to members in the coming months. Members will be able to add their bank account or credit/debit card information in their account and choose for their monthly premium to be taken out automatically each month.

We will notify members in the coming months once this optional feature is available. Until then, please continue to login monthly and manually send your payment. You can also mail your payment to:

**US Health and Life Insurance Company  
Ascension Personalized Care  
PO Box 72152  
Cleveland, OH 44192**

Make checks payable to US Health and Life Insurance Company and include your Federal Exchange ID on your check.



### Changing/updating information

If you created an account on [enroll.ascensionpersonalizedcare.com](http://enroll.ascensionpersonalizedcare.com) you can make updates to your plan at any time. Important updates include:

- A change of address
- If you or a dependent have a change in your income
- If you get married or divorced
- If you have a child or adopt

If you enrolled through the Health Insurance Marketplace you will need to visit [healthcare.gov](http://healthcare.gov) or call the Marketplace directly at 800-318-2596 to make any changes.

[Update your information](#)



### Health and wellness

Visit the Health and Wellness section of the Ascension Personalized Care website. Here you will find information to support your overall well-being including your mental, emotional and spiritual health. Topics include:

- Check your symptoms
- Preventive care
- Heart health
- How to quit smoking
- Mindfulness meditation
- Visit readiness
- Secrets to longevity
- Annual physical

[Health and wellness](#)



### Uniquely Ascension Service Center

Customer service representatives are available Monday through Friday, 8:00 a.m. to 6:00 p.m. EST.

Contact us at:  
Phone: 833-600-1311  
TTY: 586-693-1214

Email: [apcsupport@ascension.org](mailto:apcsupport@ascension.org)

Address:  
Ascension Personalized Care  
PO Box 1707  
Troy, MI 48099-1707



Ascension Personalized Care benefits are underwritten by US Health and Life Insurance Company.

[Manage](#) your preferences | [Opt Out](#) using TrueRemove™  
Got this as a forward? [Sign up](#) to receive our future emails.  
View this email [online](#)

PO Box 1707 | Troy, MI 48099-1707 US

This email was sent to .  
To continue receiving our emails, add us to your address book.

emma

[Subscribe](#) to our email list.