

Happy Thanksgiving!



2023 Open Enrollment Period has begun

The 2023 ACA Open Enrollment Period is here.

As an Ascension Personalized Care member, you already know we offer health insurance plans that were designed with you in mind and are easy to use and understand.

In addition to Indiana, Kansas, and Michigan, we will also offer coverage in Tennessee and Texas beginning Jan. 1, 2023.

To re-enroll or make changes to your APC plan, visit enroll.ascensionpersonalizedcare.com by Dec. 15, 2022.

Welcome to the APC network

In the Indianapolis and national markets, we have recruited six new ancillary groups. In the Detroit, Indianapolis, Kansas, and national markets, we welcome 25 new provider groups to the APC network.

APC is continuously working to improve our network. Please click the links below to see what changes have been made.

Please allow 30-60 days for their information to appear in our online doctor directory.

[New ancillary groups](#)

[New provider groups](#)

Alzheimer's awareness month

November is National Alzheimer's Disease Awareness month, aimed at making more people aware of the disease that this year alone has impacted an estimated 6.5 million Americans age 65 and older.

With so many people affected by this disease, there are things you can do now to keep your mind healthy:

- Exercise
- Eat your fruits and vegetables
- Engage with friends and family
- Practice mental exercises

Learn more ways you can get your brain in shape by clicking below:

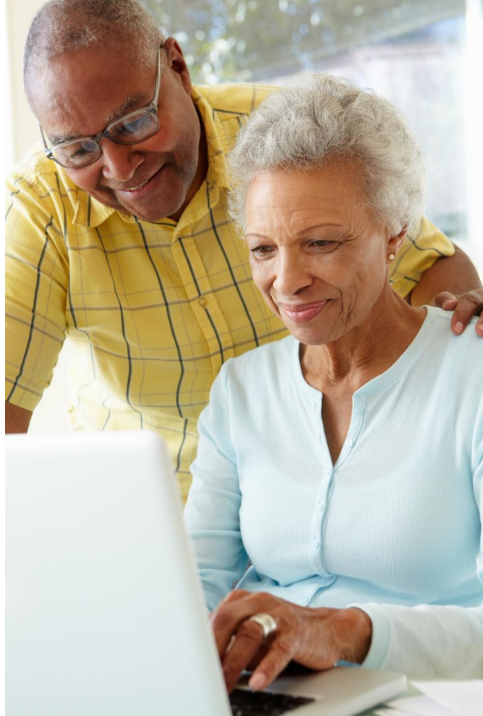
[Improve your mind](#)

Use your APC benefits

There is only one month left to use your Ascension Personalized Care benefits.

Don't miss out on getting the most from your health insurance plan. If you haven't done so already, make sure to schedule your annual wellness visit with your doctor before Dec. 31, 2022. Please review your benefits in your member portal:

[Member portal](#)



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.