

## Happy St. Patrick's Day!



### Using an in-network doctor for your behavioral health needs

At Ascension Personalized Care, we understand that caring for your mind is just as important as caring for your body.

That's why we offer online behavioral health treatment programs personalized for each of your needs-as an adult, senior, adolescent, or child.

As a reminder, being an APC member means you 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'll be able to see a list of in-network doctors and locations.



**\*Please note: out-of-network doctors are not covered by your APC plan. If you see a doctor who is outside the APC network, you will be responsible for the full amount of the service.**

[Find a doctor](#)

### New website chat feature

Ascension Personalized Care's website now has a new "Chat With Us" button. This allows you to connect with a customer service representative. It can also direct you to specific sections of the APC website.

The "Chat With Us" button is located in the lower right corner of the screen. There are 7 options to choose from.

Once you click on a topic and agree to the terms of service, you can begin chatting with a customer service representative.



### National nutrition month

March is National Nutrition Month and with spring and warmer weather just around the corner, it's time to think about eating healthy and making exercise a priority.

To help get you started, here are some easy suggestions to help put you on the path to eating right:

- Cut out processed foods
- Eat more fruits and vegetables
- Eat leaner meats like chicken, turkey, and fish

As an Ascension Personalized Care member, the Health and Wellness section of our website is also a great resource. Click the button below to see what we offer.



[Health and wellness](#)

### Enjoy a safe spring break with these safety tips

Spring break is a chance for families and friends to take a break from work and school and spend time together in a fun destination. Now matter where you go, an important part of enjoying spring break is making sure everyone stays safe. Follow these tips to get the most out of your trip:

- Use sunscreen
- Stay hydrated
- Swim safely

Click the button below to go to our website to see more safety tips.

[More safety tips](#)





## Cultivating Awareness

Much of the stress and dissatisfaction we experience in life is caused by a lack of present moment awareness. Practicing Mindfulness can help.

Cultivating Awareness is a self-guided series of easily accessible video and audio tutorials, which will introduce you to Mindfulness and meditation practices.

If you are just beginning your journey, or you are returning to an existing practice, we think you will find this series beneficial and something you will want to share with others.

Click the link below to go to our website and get resources to help you lower stress, relax more fully, and enhance productivity.

[Mindfulness meditation](#)



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