

Growing the APC network of doctors



Having Ascension Personalized Care means members will always have access to a large number of doctors and locations. After hearing feedback about adding new doctors and locations to the APC network, we are doing just that.

We are excited to announce the addition of **Labcorp** to the APC network. Please visit any of their locations for in-network lab services. **Reminder: APC members must use Labcorp to avoid claim denials.**

As Ascension Personalized Care continues to grow we look forward to adding additional doctors and locations to our network. Stay tuned in the coming months for more information.

May is mental health awareness month

Taking care of your mental health is an important benefit of Ascension Personalized Care. We offer many resources to nourish your whole health-including mental, emotional, and spiritual health. Mindfulness meditation is a combination of practices and techniques that encourage and develop concentration, clarity, emotional positivity, and calm understanding.

We also offer virtual spiritual care. Our trained, experienced chaplains are essential members of our healthcare team. Whatever your faith and beliefs, qualified chaplains are available online 24 hours a day to help ease your mind and lift your spirits with one-on-one compassionate care.

Register online at ascensiononlinecare.org to speak with a chaplain today. You can also click below to access our website and check out tools you can use to maintain your mental health:

[Mental health tips](#)

Learn more about SBC's

A summary of benefits and coverage, also known as an SBC, is a document that shows deductible and copay information as well as everything that is covered under your Ascension Personalized Care.health plan. You can use the SBC as a reference tool to understand what your plan covers, as well as compare different plans to know what's right for you.

An SBC is an important document that shows how you and your plan would share the cost for covered health care services:

- It lists common medical situations and gives details on what's covered
- Limitations of coverage
- In-network vs. out-of-network specifications
- Provides details on what services your plan generally does not cover

The SBC for your plan is available on our website to access and download. You can also click below to find specific plan SBC's for Indiana, Kansas, and Michigan.

[SBC plans](#)

Detecting skin cancer early

Skin cancer is the most common cancer in the United States. That's why it's so important to take precautions regarding sun exposure, and spread awareness to others about the dangers that the sun can pose.

Did you know that 99% of skin cancers are curable if they are detected early? This means that regular self-exams are the best way to stop skin cancer in its tracks before it becomes very dangerous. Things to look out for include:

- New growth
- A mole that has changed in color, texture, or size
- A spot, scab, or open sore that hasn't healed within three weeks

If you see a spot that fits into one of those categories, it's best to see an Ascension Personalized Care doctor for an expert opinion.



Your doctor's visit

Preparing ahead of time for a visit to your Ascension Personalized Care doctor will help you make sure what matters most is covered during the visit.

Below are some tips that will help you make the most out of your visit:

- Bring your insurance card and a form of picture ID with you
- Bring an up-to-date list of all your medications, vitamins, and supplements you take and the dosages
- Make a list of family health history and other doctors that you see
- Bring a list of questions and concerns to your visit
- Take notes



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.

[Find a Doctor](#)

Summer safety tips

Visit the summer safety section of the Ascension Personalized Care website. Here you will find information on staying healthy and safe this summer. Safety tips include:

- Wear bug spray
- Practice water safety
- Use the proper safety equipment
- Be prepared

[Summer safety tips](#)



[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.