

## Hello summer!



### More doctors and locations added to the APC network

We are excited to announce new doctors and locations joining the APC network.

In the Evansville, Indianapolis, and Kansas markets, we've recruited eight provider groups. In the Michigan market, we welcome 26 ancillary groups to the APC network.

We also want to welcome Edgepark as a durable medical equipment provider. They are located in Twinsburg, Illinois. Click the buttons below to see all the providers and ancillary groups that have been added.

The contracts have been finalized and we are working hard to finish credentialing. Please allow 30-60 days for their information to appear in our online doctor directory.

[New provider groups](#)

[New ancillary groups](#)

### Join APC for a yoga session

As an Ascension Personalized Care member, you are invited to join us for a free virtual beginner yoga session.

The event will take place on Wednesday, July 13, 2022 from 6:00 p.m. to 7:00 p.m. EST.

Register for the event here:

[https://ascension.zoom.us/webinar/register/WN\\_YAHODjWBQFGUWMQA2yjNZg](https://ascension.zoom.us/webinar/register/WN_YAHODjWBQFGUWMQA2yjNZg)

We look forward to seeing you there!

### APC member survey

The biannual member survey was sent out last month and the **deadline** to complete the survey is tomorrow, **June 10th**. We would love your feedback about your experience with APC. Members that complete the survey will receive a **\$5 Amazon gift card**. Some questions on the survey include:

- How familiar were you with Ascension prior to enrolling in APC
- How did you enroll in APC?
- What factors led you to choose APC?

To complete the survey, check your inbox for a special link. We look forward to hearing from you!



### Summer's here-time to think about kids outdoor safety

Now that summer has arrived, it's time for longer days and warm weather. Kids are out of school and enjoying activities like swimming, bike riding, and hanging out at the playground.

But along with outdoor fun comes more opportunity for activity related injuries in kids. Here are some summer safety tips you should know before your kids hit the waves, get on a bike, or jump on a trampoline:

Practice water safety:

- Always have an adult present when children are swimming
- Kids must wear a life jacket on a boat
- Never allow kids to run near a pool

Use proper safety equipment:

- Make sure your kids wear a properly-fitted bike helmet
- Kids should wear bright colors and use lights when riding their bike at night
- They should always walk their bikes across busy intersections using the crosswalk

Keep kids safe while they're on a trampoline:

- Before jumping, kids should remove any jewelry, hats, or items in their pockets
- Check that the springs and bolts are properly in place before using
- Make sure the trampoline has a safety net around it



### June is Alzheimer's and brain awareness month

Keeping your mind healthy means bringing awareness not only to Alzheimer's disease that affects millions but educating people on preventative measures that can keep your brain running smoothly for as long as possible.

Like any other muscle in your body, it's important to keep your brain healthy using exercise techniques that strengthen how it works. Below you will find some of the best ways to keep your brain active:

- Play cards
- Put together a jigsaw puzzle
- Play video games
- Stay socially active

Click the button below to read more about what you can do for your brain to keep it healthy.

[Get your brain in shape](#)

### How to update your info

As an APC member, if you created an account on enroll.ascensionpersonalized.com, you can make updates to your plan at any time. Important updates include:

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

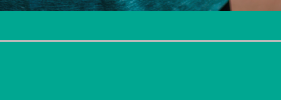
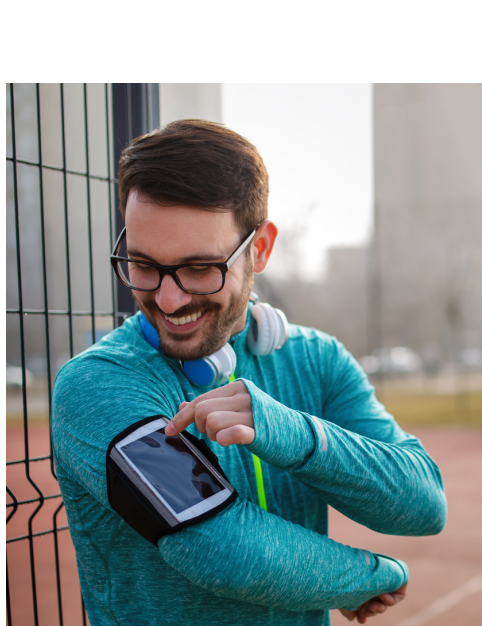
If you enrolled through the Health Insurance Marketplace, you will need to visit healthcare.gov or call the Marketplace directly at 800-318-2596.



### Celebrate men's health

This month is national Men's Health Month, which is all about encouraging the men in your life to take care of their bodies by eating right and exercising. Below are some important tips for men to staying healthy:

- Get regular checkups
- Know your family history
- Get out there and exercise
- Eat a balanced diet



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



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