

Member Newsletter

Welcome to the APC network

We are excited to announce more doctors and locations joining the APC network:

- Ascension MyHealth Urgent Care-Waterford Providers (**Detroit market**)
- Ascension MyHealth Urgent Care, Royal Oak on Crooks Providers (**Detroit market**)
- Speech Therapy Connections LLC (**Indianapolis market**)
- Dawes Fretzin Dermatology Group (**Indianapolis market**)
- Joint Heirs Prediatrics LLC DBA Healthy Horizons Pediatrics (**Indianapolis market**)
- Raphael Health Center (**Indianapolis market**)
- Upperline Healthcare PC Indiana (**Indianapolis market**)
- Willow Tree Counseling and Consulting, LLC (**Indianapolis market**)
- Centerstone of Indiana, Inc. (**National market and new ancillary group**)

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



Your Member Handbook



Make sure to access the Member Handbook which contains information about your benefits and coverage. It's intended to help you understand everything included in your APC health plan. Find out more about:

- Member ID cards
- Prior authorization
- Billing
- How to contact us
- Where to get care
- Added benefits

Click the button below to check it out.

[Member handbook](#)

Open Enrollment is coming!

The countdown to the 2023 Marketplace Open Enrollment is on and will be here before you know it.

The Open Enrollment Period for 2023 coverage will run from November 1, 2022 through December 15, 2022.

More details are coming in the August edition of the Member Newsletter!



Reading your EOB

Knowing how to read your Explanation of Benefits (EOB) is important because it can help you understand the costs and benefits associated with the services you received.

An EOB is also a helpful statement for keeping track of your Ascension Personalized Care healthcare benefits. It shows you how your health plan processed a healthcare claim.

Key elements of an EOB include:

- Claim number
- Date of service
- Costs covered
- What you owe

Click the link button below to read more about this helpful tool.



[Explanation of benefits](#)

Time to start moving



Summer's here and so are warm and sunny days. That means it's a great time to enjoy the outdoors and be more active.

Being physically active can help manage weight, improve your brain health, and reduce the risk of disease. Here are some things you can do to get moving now:

- Gardening
- Walking
- Hiking



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

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