

Welcome to the APC network

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

- Oakland General Surgery (**Detroit market**)
- Pediatric Associates of Rochester Hills (**Detroit market**)
- Metro Detroit Renal Doctor (**Detroit market**)
- Rochester General Surgery, PLC (**Detroit market**)
- Tree of Life Counseling (**Evansville market**)
- Happy, Joyous and Free Recovery Life Coaching (**Indianapolis market**)
- Damien Cares, Inc. (**Indianapolis market**)
- Norman Eyecare, LTD (**Indianapolis market**)
- Morris Dermatology, LLC (**Indianapolis market**)
- Indiana Masonic Home, Inc. DBA Compass Park (**Indianapolis market**)
- Davless County Hospital, DBA, Indiana Masonic Home Health Center SNF (**Indianapolis market**)
- Centerstone of Indiana, Inc. (**Indianapolis market**)
- Numotion (**National markets**)

Please allow 30-60 days for their information to appear in our [online doctor directory](#).



National wellness month

August is here and with it comes beautiful summer weather. Now is the perfect time to celebrate National Wellness Month and focus on self-care, managing stress, and promoting healthy routines. Here are some simple habits to include in your daily routine:

- Make exercise a priority
- Drink water to stay hydrated
- Make healthy food choices

Also check out our Health and Wellness page. You'll find information to support your overall well-being, including your mental, emotional, and spiritual health.

[Health and wellness](#)



Open Enrollment will be here soon!

The countdown to the 2023 Marketplace Open Enrollment is just a short time away.

Ascension Personalized Care will be offered in Indiana, Kansas, Michigan, Tennessee, and Texas beginning Jan. 1, 2023. The Open Enrollment Period for 2023 coverage will run from Nov. 1, 2022 through Dec. 15, 2022. Make sure you are ready to re-enroll.

Look for more information coming in the September edition of the Member Newsletter.



August is National Family Fun Month

National Family Fun Month is here. This is the perfect reason to spend quality time together as a family before summer winds down. You may want to:

- Order pizza and watch a movie in the backyard
- Go camping
- Grab some ice cream
- Have a talent show

Whatever activity you choose, you'll have fun just being together.



Choosing the right care for you

With Ascension Personalized Care, when you are in need of a doctor, we can help you find the right care close to home:

- Consider seeing a doctor in-person or online when you have symptoms such as seasonal allergies, fever, ear and eye infections, or a rash
- When it's less of an emergency, but you still need care right away, the place to go is an urgent or express care clinic if your doctor's office is closed. They can treat such things as bites, sprains and strains, mild asthma, and moderate burns.
- In the event of an emergency, you should seek emergency care. Doctors, nurses, and care teams in Ascension network ERs work quickly to deliver the care that's right for you and your family.

[Choosing care for you](#)

It's back to school time-what parents can do to keep kids healthy

With summer coming to a close, many students are gearing up for a new school year.

But along with a new school year comes being together with friends and teachers. You'll want to be smart about germs and viruses and how to keep your kids healthy throughout the year. Here are some things you can practice together:

- Wash hands often with soap and water
- Avoid touching your face. To help prevent infections, keep your hands away from your eyes, nose, and mouth, especially during flu season
- Avoid sharing crayons, markers, and scissors in class
- Stay home when sick

By following these guidelines, you can help make sure your child's school year is a healthy one.



Detroit Tigers tickets

Ascension Personalized Care is excited to partner with the Detroit Tigers for a special member discount.

APC members can purchase discounted tickets to see the Detroit Tigers play August 30th through Oct. 2nd.

Click the button below to choose the dates and times you are interested in.

Have fun and Go Tigers!

[Detroit Tiger tickets](#)



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