Ascension Personalized Care

Member Newsletter Volume 1, Issue 8

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.



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:

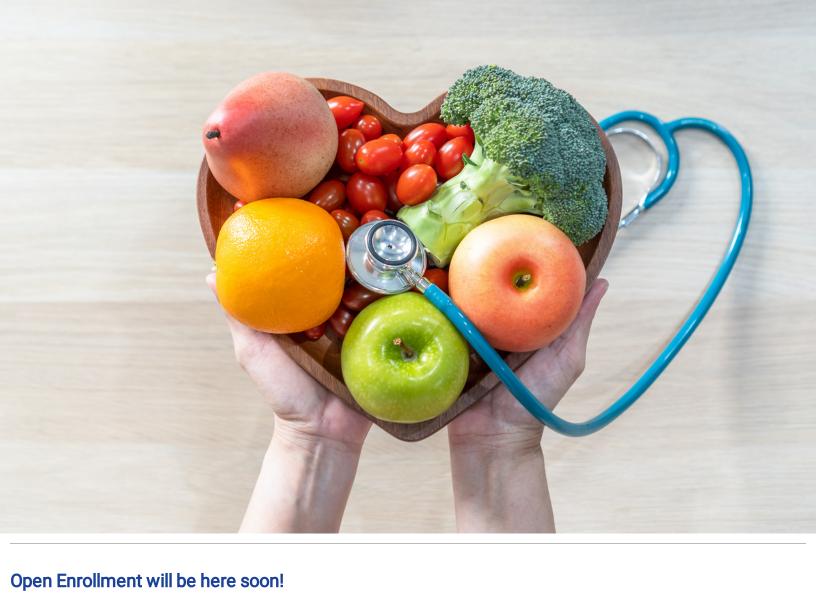
National wellness month

• Make exercise a priority • Drink water to stay hydrated

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

• Make healthy food choices

Health and wellness



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.

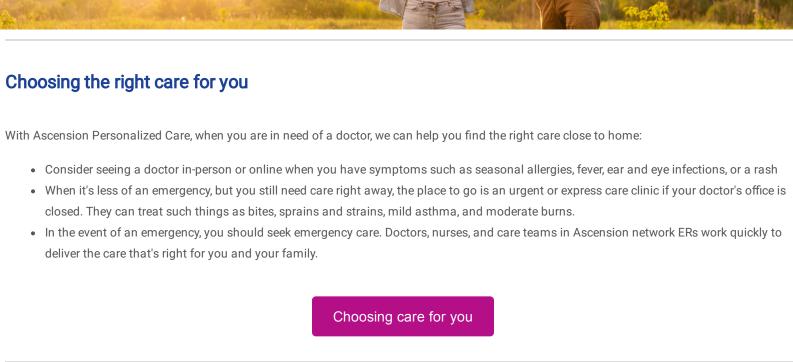
The countdown to the 2023 Marketplace Open Enrollment is just a short time away.

OPEN

Ascension Personalized Care will be offered in Indiana, Kansas, Michigan, Tennessee, and Texas beginning Jan. 1, 2023. The Open Enrollment



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



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:

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

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

· 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

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

· Stay home when sick



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

Detroit Tigers tickets

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

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

Have fun and Go Tigers!

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

Detroit Tiger tickets

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