

## Your pharmacy benefit

As an Ascension Personalized Care (APC) member, Ascension's prescription drug plan is automatically included in your medical coverage. Cigna is your pharmacy provider for 2023.

An electronic copy of your pharmacy ID card is located in the member portal. Your pharmacy ID card must be used for coverage when filling prescriptions and is different from your medical card.

In addition to filling your prescriptions in-person, there are other ways to get the most out of your pharmacy benefits plan:

- **Home delivery.** Having your prescriptions delivered to your home through the mail is a great way to save time and money. Getting 90-day refills can help you save on your out-of-pocket prescription costs. Members may order a 90-day supply through Cigna's mail order pharmacy called Express Scripts.
- **Ascension Rx.** Specialty medications can have a high cost and are used to treat chronic and complex medical conditions. For specialty pharmacy needs, please have your doctor fill your prescription through Ascension Rx. Their hours are Monday through Friday, 9:00 a.m. to 5:00 p.m. EST. For more information, please call 855-292-1427.
- **Drug formulary.** The drug formulary is a list of generic and brand name prescription drugs that are covered by Ascension Personalized Care and Cigna. To locate the drug formulary, please click [here](#).

APC members also have 24/7 access to [my.Cigna.com](https://my.cigna.com) and can find information on all pharmacy benefits including:

- Pharmacy claim history
- Compare drug and pharmacy prices
- Read your benefit details
- Chat with Cigna

To read more about your pharmacy benefit, explore this page.

[APC prescription drug plan](#)

## Spring allergies

After a long winter, spring is finally here. Flowers are blooming and we are enjoying longer and warmer days. But with that also comes spring allergies.

Seasonal allergies are caused by the increased amount of pollen or other allergens that are only prevalent during certain seasons. Fortunately, they can be treated a number of ways:

- Use an air purifier in your home
- Try over-the-counter medications such as decongestants and antihistamines
- Wash out your nose daily with a saline spray



If you want to be seen by a health care professional, your primary care doctor is the best option for allergy related concerns and questions. Your doctor can also help distinguish your symptoms between an allergy and cold.

Learn more about what you can do to minimize your symptoms.

[Spring allergies](#)

## Stress awareness month



April is National Stress Awareness Month—a time to bring attention to the negative impact of stress. Managing stress and finding healthier ways to deal with it can go a long way toward living a healthy life.

Learn about resources on Ascension Personalized Care's [Mindfulness Meditation page](#) to help lower stress and relax more.

## How to find a doctor video



Being an Ascension Personalized Care member means you will always have access to our in-network doctors and locations.

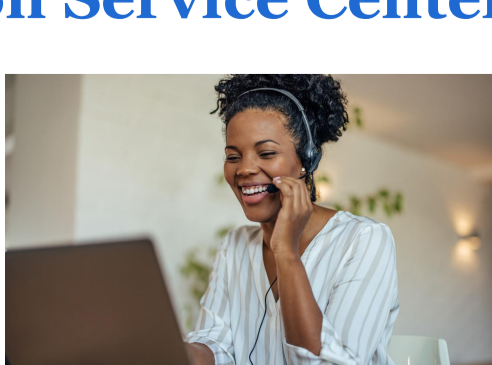
If you need assistance finding an in-network doctor or location, check out our short video on "How to use the Find a Doctor search tool."

## APC biannual member survey

Thank you to the members that participated in the APC member survey. Your opinion helps us as we continue to improve our services and plan for 2024.

As a reminder, if you were unable to participate in this member survey, we will have another one available in the fall.

## Uniquely Ascension Service Center



**Phone:** 833-600-1311

**TTY:** 586-693-1214

*Monday through Friday, 8:00 a.m. to 6:00 p.m. EST*

**Address:** PO Box 1707  
Troy, MI 48099-1707



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