

Ascension Personalized Care

Member Updates



Ascension

Ascension St. Vincent CARELine

For those Ascension Personalized Care members in our Indiana market, did you know we have a convenient and helpful resource for the medical needs of you and your family? CARELine is a service of Ascension St. Vincent to help connect you with doctors. The services provided include:

- Support groups
- Patient portal help
- Departments and programs
- Wellness classes

If you have questions, please call 317-338-2273 or click [here](#).

Your annual wellness visit

Preventive care services help you get and stay healthy. That's why scheduling an annual wellness visit with your primary care provider (PCP) is an important part of your health.

It's not too late to make an appointment for this year. Visit our website or click [here](#) to find a doctor and schedule your wellness visit today.



OEP countdown starts now

The 2024 ACA Open Enrollment Period (OEP) is fast approaching. OEP runs from Nov. 1, 2023 through Dec. 15, 2023 for coverage beginning Jan. 1, 2024. For coverage beginning February 1, 2024, the deadline to enroll is January 15, 2024.

Ascension Personalized Care will continue to offer individual Marketplace health plans in Indiana, Kansas, Michigan, Tennessee and Texas. To re-enroll or make changes to your APC plan, visit our website beginning Nov. 1.

[Enroll in APC](#)

Managing your mental health

According to the National Institute of Mental Health, nearly one in five adults in the United States live with mental

illness.

Fall starts next week bringing a change from long hot summer days to colder, shorter ones. With this sudden change, some may suffer from seasonal affective disorder (SAD), which worsens with limited exposure to daylight during this time of year.

While SAD varies between those affected, there are signs to watch out for:

- Loss of interest in everyday activities
- Feelings of despair
- Sleepy during the day

If you suffer from these symptoms or other signs, don't be afraid to ask for help. There are many resources for you to use. Don't hesitate to reach out to your [Ascension Personalized Care doctor](#) for support.

[On-demand spiritual care](#) with trained, experienced chaplains is also available online 24/7 to help ease your mind and lift your spirits with one-on-one compassionate care.



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

Email: apcsupport@ascension.org

Address: PO Box 1707

Troy, MI 48099-1707



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

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