



Information about MaxorPlus

Ascension Personalized Care has partnered with MaxorPlus to provide members with pharmacy benefits for 2024. It is important to note that since MaxorPlus is a new pharmacy provider, prior authorizations will not roll over from Cigna. APC members will need to obtain a new prior authorization from their doctor(s).

To learn more about your prescriptions and how they are covered, you can view the formulary [here](#). The drug formulary is an alphabetical listing of medications covered by MaxorPlus for APC members. When viewing each medication, it may have specific coverage requirements and will show you the tier level it is covered at.

The [APC Drug Search Tool](#) is another way to search for specific medications. Search by drug name and view information including strength, dosage form, therapy class, tier level coverage and any limits or restrictions including prior authorization requirements.

If you have any questions or need additional assistance, the MaxorPlus customer service team is available 24/7 at 888-839-4448.

Navigating the member resources page

Getting the right care starts with understanding your Ascension Personalized Care (APC) benefits. Explore our [member resources page](#) for educational materials that can help you manage your health. It offers a wealth of information so you feel empowered to make educated and informed healthcare decisions for you and your family:

- Find information in the Member Handbook on covered benefits and services
- Learn how to navigate the online search tool to find a doctor
- Get more information about covered preventive care services
- Complete your health risk assessment
- Explore meditation techniques to lower stress and relax more fully



You can also view your summary of benefits and coverage (SBC) that shows deductible and copay information as well as everything that is covered under APC.

February is American Heart Month

Now that the holiday's are behind us, it's time to turn your attention to getting in shape-and that includes heart healthy shape. According to the Office of Disease Prevention and Health Promotion, heart disease is the leading cause of death for both men and women in the United States. But there are preventive measures you can take today:

- Eat heart-healthy foods such as salmon, walnuts, avocados, and leafy green veggies
- Exercise on a regular basis and don't sit for too long
- Quit smoking and stay away from second-hand smoke
- Get plenty of sleep

Learn about other heart healthy tips [here](#). Making small modifications to your lifestyle can add up and help you live longer and healthier.



APC member portal

With the start of a new year, it's the perfect time to get acquainted with your Ascension Personalized Care member portal. You'll have access to your health plan information, including claims and doctor information. It will allow you to find information on:

- Member ID cards
- Copays, deductibles, and balances
- Explanation of benefits
- Process claims

Visit member.ascensionpersonalizedcare.com today to create an account using your email address or log in using your Ascension ID.

Ways to maintain a healthy weight

With winter in full swing, it's easy to want to stay in and take a break from exercising. But with spring just around the corner, it's a great time to embrace eating healthy and getting fit:

- Control food portions
- Limit processed foods
- Have fresh fruits and vegetables available for snacking
- Limit treats that are high in cholesterol, fat, salt, or sugar
- Go for a walk around the block
- Take an exercise class



Active&Fit Direct

Ascension Personalized Care is excited to partner with Active&Fit Direct, a flexible and affordable fitness

program, for a special member discount of \$25 a month.

Gym or home? We'll keep you active either way. With this program, you'll have access to:

- More than 11,000 fitness centers and studios
- 4,000 + digital workout videos
- **New!** The ability to purchase a membership for your spouse or domestic partner
- One-on-one lifestyle coaching

To learn more about the benefits of Active&Fit Direct and enroll in the program, please click below.

Active&Fit Direct

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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