



## Blood pressure month

May is high blood pressure education month. It's a common condition in which the force of the blood against the artery wall is too high. Nearly half of all Americans age 20 and older have this condition. Eating a healthy diet with less salt, exercising regularly and taking medications can help lower blood pressure. To learn more about the signs and symptoms using our [High Blood Pressure Symptom Management Guide](#).



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## Visit an in-network doctor today

Whether you need emergency care, urgent care or want to talk to a doctor online or in-person, the Ascension Personalized Care network has a variety of doctors and facility locations to serve you.

To find a doctor or location, visit our website and click the Find a Doctor button. From there, you will see a list of in-network doctors and locations. You can also view our video "[How to use the Find a Doctor search.](#)"

**Reminder:** Out-of-network doctors are not covered by your Ascension Personalized Care plan. If you see a doctor who is not within the APC network, you are responsible for the full amount of the service. Emergency services provided by an out-of-network doctor will be covered at the network doctor level when the services provided are for a medical emergency. Please refer to your Member Handbook for more information.

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# Tips for a safe and healthy summer

With warmer days quickly approaching, summer safety is an important priority. Here are some tips everyone should know:

- Protect yourself from the sun with sunscreen of at least 30 SPF
- Apply bug spray when outdoors for an extended time
- Put on a life vest when riding a jet ski or sailing
- Wear a helmet when riding a bike
- Drink lots of water to stay hydrated

Click below to learn about other tips to stay safe this summer.

[Summer safety tips](#)

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## Member discount programs

We are excited to offer our members additional benefits including our member discount programs.

We've teamed up with many organizations to offer you exclusive benefits and savings for gym memberships, markets and eateries, and sports and entertainment including the **Indianapolis Zoo**. What a great way to spend the day, enjoying the outdoors and visiting the animals.

Click below to learn how you can take advantage of their great offers along with many others on our Member Discounts page.

[Member discounts](#)

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## Get vaccinated at no charge to you



Ascension Personalized Care pays for 100% of certain preventive care services that help you get and stay healthy and includes screenings, immunizations and checkups.

Additional preventive care services for adults include screening tests for common conditions and opportunities for early intervention such as:

- Type 2 diabetes
- Colon cancer
- Cholesterol
- Osteoporosis

Preventive care services for pregnant patients are also available. Pregnancy related screening tests included gestational diabetes, postpartum depression and hepatitis B.

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## 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](mailto:apcsupport@ascension.org)

**Address:** PO Box 1707

Troy, MI 48099-1707



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