

SmartHealth

Ascension SmartHealth Member Newsletter, February 2022

This newsletter shares important updates, reminders and resources related to the Ascension SmartHealth medical plan

Value of staying in the Ascension Network

There are many benefits to staying in network, including:

- Lower out-of-pocket costs
- Streamlined, faster service; your providers will have access to your health history, providing a more seamless experience when visiting other Ascension Network providers
- Higher quality care and improved health outcomes

To find a doctor or location, visit mysmarthealth.org and select “Find a location” or “Find a doctor.” To learn more about the levels of coverage, download [this flier](#).

(Please note: Associates on benefit elevation can visit a Tier 2 provider and receive Tier 1 coverage.)

Access your benefits anywhere, anytime

Download the new SmartHealth app now to:

- Access details about your plans and benefits, including prescription coverage information
- Review claims information for you and your family
- Access electronic versions of your medical and pharmacy ID cards
- Search for providers and facilities



Covered dependents can create their own accounts on the SmartHealth mobile app, too! Visit mysmarthealth.org/app for more information.

Make the switch to Ascension Rx

As of January 1, 2022, Ascension Rx is the new in-network pharmacy for SmartHealth members with maintenance (30+ day supply) and specialty medications. As we strive to deliver a positive experience, we recognize that some members have been frustrated with the benefits transition. Please know we are working diligently to improve member experience.

If you haven't already done so, switch your prescriptions today to avoid paying the full out-of-pocket cost. Visit ascensionrx.com for more information.

Earn your \$225 in Healthy Rewards

To earn your Healthy Rewards, you must:

- Create your [wellness account](#)
- Complete the health assessment
- Complete your well visit by September 30, 2022
- **Don't forget:** Your spouse or legally domiciled beneficiary **must** create their [wellness account](#) and take the health assessment in order for you to receive the \$225 in Healthy Rewards.

Download [this flier](#) for more information.

OTC COVID-19 tests available at no cost to you

Starting February 24th, get a COVID-19 test kit(s) at the pharmacy counter and pay \$0*. Using an in-network retail pharmacy:

- Bring the FDA-authorized test kit(s) to the pharmacy counter (not the regular checkout).
- Check out at the pharmacy counter and show your Cigna ID card. They'll process the test kit(s) under your pharmacy benefit. You'll pay \$0 out-of-pocket (tax may apply).

**These tests are for personal use only. They cannot be used for employment purposes, resale or be reimbursed by another source.*

SmartHealth Customer Service experiencing high call volumes

Call hold times are longer than usual. We appreciate your understanding and apologize for any inconvenience this may cause. Please visit mysmarthealth.org or download the SmartHealth app to access helpful resources.

Healthy recipe: Overnight oats

- Add ½ cup of old fashioned oats to the bottom of a to-go jar
- Add any fresh or frozen fruit; you can also add dried tart cherries, goji berries, raisins, dried blueberries or cranberries
- Add 10-20g of protein such as greek yogurt or milk
- Add a sprinkle of healthy fats such as almond butter, cashew butter or pistachios
- Mix ingredients and refrigerate overnight



