



2025 - 1st Quarter Newsletter

Ascension St. Vincent cardiovascular care program overview and frequently asked questions

What is the Ascension St. Vincent cardiovascular care program?

- High-quality specialty care offered through your employer at no cost to you as part of your health benefit plan.
- Comprehensive cardiovascular care, including testing, surgeries and procedures performed at designated locations.
- A program available to active members of participating employer health plans

What services are included through the cardiovascular care program?

- Appointments, testing, surgeries and procedures at approved facilities.
- Advanced cardiac imaging, including computed tomography (CT) and magnetic resonance imaging (MRI).
- State-of-the-art catheterization labs and operating rooms.
- Emergency heart services and complex surgical care.

What is not included in the program?

- Testing done at unapproved facilities or offices.
- Services at other Ascension hospitals, such as those in Fishers, Indianapolis, Evansville or other locations.

Why should I participate in the cardiovascular care program?

- Experience world-class service and the highest quality cardiovascular care available in Indiana.
- Excellent procedural and surgical outcomes, decreased hospital time and quicker recovery.
- Comprehensive post-surgical care to ensure quality of life is restored.
- Lower costs for you and your family.
- Zero deductible, copay or coinsurance costs.
- Potential for incentive payments from your employer for choosing the Ascension heart care team.

Do I have to use this program?

- This is not a mandatory program. You always have the choice to use this program or seek care elsewhere through your primary health benefits.

What if I already have a non-Ascension cardiologist?

- Their services are not covered under this program, your regular deductibles and costs will apply for their services.
- Explain our incentive benefits program to your provider.
- Your current cardiologist can collaborate with our team at the Heart Center.
- You can request a referral to the Ascension St. Vincent heart care team.

Do I need a referral from my primary care provider?

- No referral is needed, you may directly call the concierge line to schedule an appointment.

How much will services in this program cost me?

- Deductible and coinsurance costs are waived for eligible care under this program.
- Incentive payments may be available for participation in the program when utilizing services.

What if I am having symptoms of a cardiovascular emergency?

- Go directly to the closest ER or dial 911.

To access services, follow these steps

Step 1

Call 855-782-0946 to schedule an appointment. State you are a member of the cardiovascular care (heart care) program. The concierge will connect you to an approved Ascension St. Vincent cardiology office.

Step 2

Consult with the Ascension St. Vincent cardiology doctor to plan your care.

Step 3

Schedule additional services at approved Ascension Cardiology locations. The cardiology office(s) will provide education and preparation for any testing, procedures and/or surgery.

Step 4

If needed, complete recommended tests or imaging at an approved Ascension Cardiology location and schedule procedures and/or surgeries at Ascension St. Vincent Heart Center.



To learn more, scan the
code.

Click to learn more

The Health Benefits of Being Organized

The new year can signal a fresh start for many. As such, January is dubbed Get Organized Month, or GO Month, as many people are eager to tackle their homes' organization. Decluttering can do more for your health than you may realize. Consider the following health benefits of being organized:

- **Boost your energy and productivity.** A messy area may make you feel confused or scattered. When your space is clutter-free, you can focus more on meaningful activities.
- **Reduce your stress and anxiety.** By eliminating clutter, you can feel more in control and able to handle challenges that come your way.
- **Sleep better.** When you keep up with the organization, you can rest easily at night, knowing everything is cleaned up and in its place.
- **Eat healthier.** Not only does snack and food organization reduce clutter, but it can also help you quickly grab healthy options and control portions.

January is a great time to get organized and set yourself up for a clutter-free year, which may help you feel more balanced.



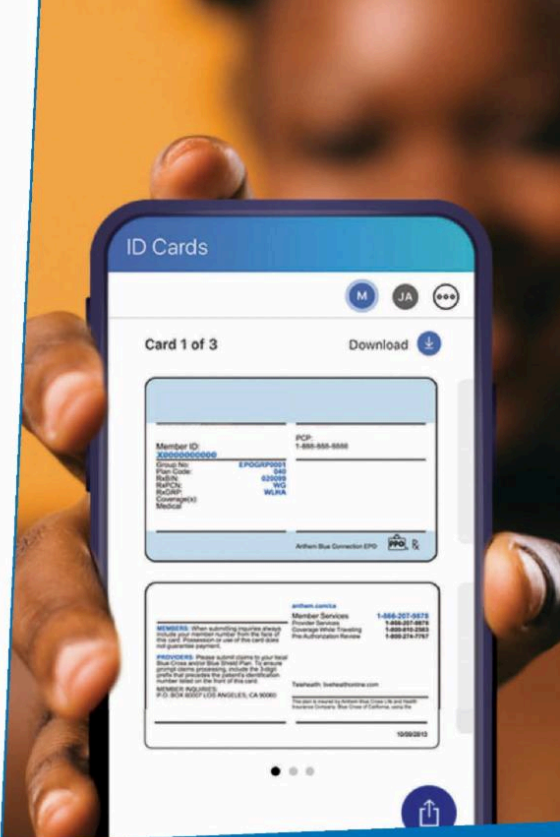
Choose digital for your member ID card

To make the most of your health plan benefits, think about choosing a digital ID card. It works just like a printed ID card, but it's more convenient to use when you need care.

A digital ID card makes it easier to access
your benefits

- No need to wait for your printed card to come in the mail. Your digital ID card is available sooner.
- Using it is simple:
 - Print a copy anytime.
 - Email or fax it right from your computer or mobile device.
 - Share right from your phone with family members, doctors, and healthcare professionals.
 - Enlarge the view on your screen to read the details more easily.

Here's a tip: Download the card to your smartphone, so you'll always have it there even without a phone signal.



Sign up for your digital ID card today —
in just a few steps:

1. Log in to the **Sydney Health** mobile app or **anthem.com**.
2. Go to **Profile** and choose **Mobile ID Cards** under *Communication Preferences*.
3. Select **On**, and you will not receive a card by mail.

Be sure your profile includes the best email address to reach you so we can to send you important plan and ID card updates.

If you need help, use the chat feature to connect with us or call the Member Services number on your ID card. If you need a printed copy, log in to **anthem.com** to print it or request us to send you one.

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Getting Enough Vitamin D During the Winter

Vitamin D is a fat-soluble vitamin essential for calcium absorption, bone health and disease resistance. However, it can be challenging to absorb sufficient levels during the winter months. As such, vitamin D supplementation is prevalent in the United States, with 20% of adults taking a dietary supplement containing this vitamin.

There are multiple forms of vitamin D, with D2 (ergocalciferol) and D3 (cholecalciferol) being the most important. The vitamin D2 supplement is plant-derived, whereas D3 typically comes from animals. Your skin can produce vitamin D when exposed to UVB rays. However, various factors—such as skin tone, age, geographical location, sunscreen and clothing—can impact the process. Vitamin D dietary supplements are also an increasingly popular way to get more vitamin D, especially during the winter months when the days are shorter. Some doctors may prescribe over-the-counter vitamin D supplements to patients. Prescription-strength vitamin D contains a higher dose.

Vitamin D3 Supplements Vitamin D3 supplements can be particularly useful for individuals with limited sun exposure or dietary intake of the vitamin. Research suggests that D3 may be more effective at raising and maintaining overall vitamin D levels than D2 supplements. As such, doctors often recommend D3 to those who need vitamin D supplements. Vitamin D3 supplements are taken by mouth as directed by a doctor or pharmacist. Forms

of these supplements include capsules, gummies, liquid products, powders, and dissolving or chewable tablets. Since vitamin D is fat-soluble, it's best absorbed with a meal with some fat. Vitamin D usually has no side effects at average recommended doses, so it's crucial to contact your doctor immediately if you experience anything unusual.

It's important to purchase high-quality supplements that have been independently tested. Nutritional supplements aren't regulated in the United States, which can negatively impact supplement quality.

While dietary supplements, including vitamin D3, can be beneficial, they can cause harm when used unnecessarily. For this reason, the U.S. Food and Drug Administration recommends that all consumers consult their doctor or pharmacist before taking supplements. It is possible to get too much vitamin D. When you overdose on vitamin D, calcium builds up in your blood. This condition, known as hypercalcemia, can cause nausea, vomiting, weakness, decreased appetite, constipation and frequent urination. Vitamin D toxicity also has the potential to progress to irregular heart rhythms, kidney stones and even kidney failure. Talk to a health care professional to learn more about vitamin D and other essential nutrients. They can check your body's vitamin D levels and help you determine if dietary supplements are right for you.

Orthopedic Center of Excellence (COE)



For more information,
scan the QR code, or visit
Hendricks.org/COE



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MASE Financial

YTD Financials Report - As of December 2025	
YTD Revenues	\$42,617,342.96
YTD Expenditures	\$43,118,462.80
Total Assets	\$12,780,988.36

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