



Midwest Area School Employees Insurance Trust

2025 - 3rd Quarter Newsletter

Center of Excellence - Cardiovascular

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.

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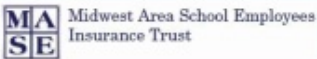
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Managing Seasonal Allergies

According to the Asthma and Allergy Foundation of America, allergies are the nation’s sixth-leading cause of chronic illness. Seasonal allergies are an annual nuisance for many people and typically ramp up this time of year. It’s no surprise that as plants bloom and neighbors cut their grass more frequently, people living with allergies across the nation start sniffing and sneezing. Further, mold growth occurs indoors and outdoors, so escaping these seasonal allergy triggers is almost impossible.

Some allergy symptoms may consist of sneezing a couple of times a year. Alternatively, seasonal allergies can cause congestion, a runny or itchy nose, watery eyes and headaches—among other symptoms—for weeks or months. Seasonal allergies develop when your body’s immune system detects and then overreacts to a foreign substance it deems harmful. Spring, summer and fall are the most common times when seasonal allergy symptoms arise. What may trigger your seasonal allergies depends on what you’re allergic to and where you live.

- To reduce your seasonal allergy symptoms, consider the following tips:
- Keep track of local allergen (e.g., pollen and mold) counts to help you know when to avoid spending excessive time outside.
 - Wash your bedding in hot water to help keep the spread of pollen under control in your home.
 - Utilize washable indoor rugs to remove allergens easily.
 - Take a shower after spending time outdoors, as pollen can stick to your hair, skin and clothing.
 - Clean your floors often with a vacuum that has a high-efficiency particulate air (HEPA) filter.
 - Change your air conditioning and heating HEPA filters often.

Treatment for most seasonal allergies is available both over the counter and by prescription. You may need a series of allergy shots if your symptoms are severe or chronic. Contact your doctor or allergist to determine which seasonal allergy treatment option is best for you.



A woman with curly hair is smiling and looking at a smartphone. The phone screen shows the Sydney app login interface, which includes a blue header with the Sydney logo, input fields for Username and Password, a checkbox for Remember Me, a Log In button, and a link for Forgot your password? at the bottom.



Ongoing, remember to check the expiration dates and make sure you haven't used up items and need replacements.

Center of Excellence - Orthopedic



For more information,
scan the QR code, or visit
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MASE Financial

YTD Financials Report - As of June 2025
Year to date receipts: \$21,618,837.92
Year to date expenses: \$23,707,653.50
Total assets: \$10,780,747.68

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