



Midwest Area School Employees
Insurance Trust

2026 - 2nd Quarter Newsletter

Center of Excellence - Cardiovascular

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

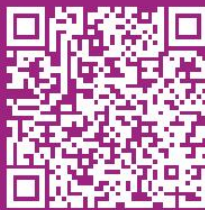
Schedule additional services at approved Ascension Cardiology locations. The cardiology office(s) will provide education and preparation for any testing, procedures and/or surgery.

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.

Cardiovascular Care Program

Benefit card: *Please bring this to every cardiovascular appointment*



Ascension St. Vincent

Call to schedule

855-782-0946

Cardiovascular Care Program

Ascension case policy: 717530

Claim submission to: *Unified Group Services*

Group number: 715

EDI claim submission number: 35198

3131 E. 67th St., Anderson, IN 46013

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Stress Awareness Month



April is Stress Awareness Month! It's important to reflect on stress in your life and what role it plays. Try these tips to help manage your stress levels:



Take care of your physical health.

The amount and quality of sleep you get, the nutrition your meals provide you, and the way you move your body during the day all have an impact on your physical health and stress levels.



Be kind to yourself.

When you are feeling stressed and overwhelmed, try to practice self-compassion and push back against negative self-talk.



Try First Stop Health Virtual Therapy:

Sometimes simply talking about what's stressing you out can make all the difference. Therapists at First Stop Health are here to support you through stressful times.



Get the app

Looking for an easier way to get compassionate care?
Download our app for care that's available wherever you are!
Scan to get started!

First Stop Health Virtual Counseling is a short-term, solution-focused service that may not be appropriate for all concerns. First Stop Health is not meant to replace any current mental health treatment plans. For those under the age of 18, program use will be monitored on a case-by-case basis.

firststophealth.com | mobile app | (888) 691-7867

The Impact of Chronic Stress

Stress is defined as a “state of worry or mental tension” often brought on by a difficult situation. It’s a natural reaction to perceived threats. Stress can be a good thing in small doses; it’s the body’s way of handling sudden demands and challenges.

Stress responses can enhance your focus, increase energy and promote quick responses. However, frequent and long-term chronic stress can negatively impact your health.

Stress triggers are deeply personal, and each person experiences this feeling differently. While stress is a normal part of life that comes and goes as you navigate various life circumstances (e.g., getting a new job or presenting a project), chronic stress is different. It’s characterized by prolonged and constant feelings of pressure and anxiety. Chronic stress can contribute to feelings of anxiety and depression, issues with high blood pressure, a weakened immune system, sleep disturbances and digestive issues. If left unchecked, it can have a long-lasting impact on your physical and mental well-being. If you’re experiencing symptoms of chronic stress, reach out to your health care provider or employee assistance program for guidance and support.



Keep on top of your health, dental, and vision benefits with 24/7 access to your plan details. Register on our SydneySM Health app or through our website at [anthem.com/register](https://www.anthem.com/register) so your account is ready to use when you need it. There is no cost, and it only takes a few minutes.

A woman with curly hair is smiling and looking at a smartphone. The phone screen shows the Sydney app interface, which includes a blue header with the Sydney logo (a blue circle with a white face) and the word "sydney" in white. Below the header, there is a search bar with the placeholder text "What's new?", a "Feedback" button, and a "Log in" button. The background of the app is blue with a subtle pattern of white dots. The woman is holding the phone with her right hand, and her left hand is resting on her chin. She is wearing a light blue shirt.

- 1 Download our free Sydney Health app and select **Register new account** or go to **anthem.com/register**.
- 2 Select your identification type (in most cases, this is your member ID).
- 3 Enter your plan ID number, full name, and date of birth.
- 4 Follow the one-time security prompt and create a username and password. (You'll use the same login information when you log in to either the app or website.)
- 5 Review your information to complete your registration.



Nip Seasonal Allergies In the Bud

Springtime allergies are an annual nuisance for many people. As plants begin to bloom and people start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. If this sounds familiar, you may have seasonal allergies, which are symptoms that occur at specific times of the year, typically when allergens are released into the air. The most common spring allergy trigger is tree pollen, which peaks from March to May. What's more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

According to the Asthma and Allergy Foundation of America, 1 in 4 adults experience seasonal allergies from pollen from trees, grass and weeds.

Similar to other types of allergies, seasonal allergies develop when your body's immune system detects and then overreacts to a foreign substance it thinks is harmful. For some, allergy symptoms may consist of sneezing a couple of times a year. But for others, seasonal allergies can cause congestion, a runny, itchy or stuffy nose, watery eyes, headaches and more for weeks or months at a time. To reduce your allergies, consider the following strategies:

- Wash your bedding every week in hot water to help keep pollen under control.
- Take a shower after spending time outdoors, as pollen can stick to your hair, skin and clothing.
- Limit the number of throw rugs to reduce dust and mold. Also, opt for washable rugs.
- Clean your floors often with a vacuum that has a HEPA filter.
- Change your air conditioner and heating HEPA filters often.

Treatment for most allergies is available both over the counter and by prescription. If your allergy symptoms are severe or chronic, you may need a series of allergy shots.

Center of Excellence - Orthopedic



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



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MASE Financial

YTD Financials Report - As of March 31 2026
Year to date receipts: \$13,014,859.44
Year to date expenses: \$11,471,878.65
Total assets: \$7,882,218.95

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