



Midwest Area School Employees Insurance Trust

2026 - 1st Quarter Newsletter

Center of Excellence - Cardiovascular



Ascension St. Vincent Heart Care

Healthy heart, healthy you. Listen to your heart.

Cardiovascular disease has been the primary killer in the United States for more than 100 years. We want to educate and advocate for preventing, diagnosing and treating heart disease by knowing our risk factors and how we can maintain a healthy heart.

Risk factors

- High blood pressure
- High blood cholesterol and lipid numbers
- Diabetes
- Smoking, vaping and secondhand smoke exposure
- Obesity and being overweight
- Unhealthy diet
- Physical inactivity

Some things cannot be changed, such as family history, age or ethnicity, however there are many simple steps you can take to help prevent heart disease.

Healthy habits

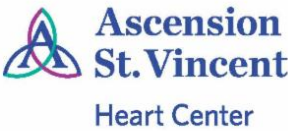
- Limit your intake of fast foods and eat healthy foods and drinks
- Keep a healthy weight
- Get regular physical activity — exercise, be active
- Improve sleep habits
- Don't smoke

Take charge of medical conditions

- Check your cholesterol
- Control your blood pressure
- Manage your diabetes
- Take medicines as directed
- Work with your healthcare team

No matter what problem your heart has, Ascension St. Vincent is here to offer the right care at the right time and at the right place. Our cardiology program throughout the state of Indiana is the most comprehensive with the best outcomes. We have specialized cardiologists and clinics for every need — chest pain, atrial fibrillation, cardiac surgery, complex cholesterol/lipid and women's heart health.

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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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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.

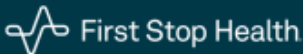
Step 3

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.

Click to learn more



Skip long wait times
and crowded ER's
this year!



Need care but it's after-hours? Traveling and away from home? Or just need some guidance? The ER isn't your only option! Use your 24/7 virtual urgent care service to:



Feel better, faster.

The average ER wait time in the U.S. is 2.5 hours. The average First Stop Health patient waits just 7 minutes to talk to a doctor!



Save money.

Avoid ER prices (and surprise bills) with First Stop Health! There are no hidden fees to talk to a doctor.



Get your issues solved.

Talk to a doctor to get treatment for things like:

- Cough
- Rx Refill*
- Fever
- Toothache
- Stomach Issues
- Aches and Pains
- Sinus Infection
- UTI
- And More!



Get the app

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

First Stop Health services are not intended to constitute a health plan. *Providers at First Stop Health do not provide controlled substances. Costs associated to your medical plan may apply for prescriptions.

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

January is recognized as Get Organized Month, making it the perfect time to refresh your space and mindset. Clutter doesn't just take up physical space—it can weigh on your mental health, increase stress and even impact productivity. By clearing the clutter, you set yourself up for a healthier, more successful year.

Being organized extends beyond having a neat desk or a tidy home; it has a direct impact on your overall well-being. A cluttered environment can lead to feelings of overwhelm and anxiety, making it harder to concentrate and complete tasks efficiently. When your surroundings are orderly, your mind feels clearer, decision-making becomes easier and stress levels drop. Organization also saves time and energy, allowing you to focus on what truly matters instead of searching for misplaced items or juggling chaos. In short, an organized space creates a sense of control and calm that benefits both your mental and physical health.

- Start small. Pick one area, such as a drawer, a shelf, or even your email inbox, and tackle it first. Success in one spot builds momentum.
- Declutter daily. Spend just 10 minutes each day putting things back in their place. This simple habit prevents clutter from piling up.
- Create systems. Use labeled bins, folders or digital tools to keep items easy to find.
- Go digital. Reduce paper clutter by scanning important documents and storing them securely in the cloud.
- Set limits. Adopt a “one in, one out” rule for new items to keep your space from becoming overcrowded.

Anthem 

for quick, secure, digital access to all your plan information

Once you're registered, you'll have one place you can go for all your plan and benefits information. You can review coverage and claims, find care, estimate cost of care, manage your prescriptions, and access your digital plan ID card.

- 1 Download our free Sydney Health app and select **Register new account** or go to **[anthem.com/register](https://www.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.



Probiotics contain live organisms that directly add to the population of healthy microbes in your gut. Probiotics are often used interchangeably with fermented foods. Examples of good probiotics include

complex system that breaks down and absorbs the nutrients you eat and removes waste products. Not only does your gut digest food, but it also communicates information about hormone levels and general health to your brain, and it is a major part of your immune system.

In fact, nearly 70% of your immune system is found in the gut, as this is where your body encounters many pathogens. In addition to the main and accessory organs, there are trillions of bacteria, archaea, and fungi in the digestive tract—also referred to as the gut microbiome. These living organisms help with digestion, influence your immune system and affect your central nervous system. They also produce key vitamins and fatty acids, which further benefit gut health. Overall gut health and its microbiome are influenced by many factors such as lifestyle, stress and anxiety, nutrition, medications and disease.

Two similar-sounding terms commonly used when talking about gut health are “prebiotics” and “probiotics”:

- Prebiotics are specialized plant fibers that stimulate the growth of healthy gut bacteria. Examples of prebiotics include almonds, apples, bananas, Brussels sprouts, leeks, pears, plantains and sweet potatoes.

kefir, kimchi, kombucha, miso, sauerkraut, sourdough, tempeh and yogurt.

The best way to maintain a healthy gut microbiome is to eat a wide range of fresh, whole foods, mainly from plant sources like fruits, vegetables, legumes, beans and whole grains. Consider the following foods you can incorporate into your diet to improve your gut bacteria:

- Plenty of vegetables, legumes, beans and fruit
- Fermented foods
 - Foods high in prebiotic fiber
 - Whole grains, including brown rice, whole oats, buckwheat and quinoa
 - A plant-based diet
 - Foods rich in polyphenols, such as beans, berries, ginger and dark chocolate

Your gut bacteria are essential for many aspects of your overall health. Consult your doctor before self-diagnosing issues or making changes to your gut health.

Center of Excellence - Orthopedic



What is the Hendricks Regional Health Orthopedic Center of Excellence?

The Center is an orthopedic and spine surgery program that brings high-quality, award-winning care together with nationally recognized patient experience.

What steps do I need to take to start the surgery process?

Step 1: See a healthcare provider to have your joint or muscle pain evaluated. This can be through your primary care office or your employer Wellness Clinic. You may also contact Hendricks Regional Health for an appointment with a sports medicine physician at (317) 718-4263.

Step 2: If your provider recommends you for surgery, you will call the concierge line at (317) 386-5630 and give your name, date of birth, employer name and other clinical information to schedule a virtual or in-person visit with a Hendricks provider.

Will I have to visit Hendricks Regional Health before the surgery, or can this be done virtually?

Some patients will have the option to be seen virtually for their pre-surgical appointment. This depends on the type of surgery needed and the patient’s medical history.

If I have already received testing from another health system or another provider, will you need to redo all the lab, imaging services and evaluations?

If you’ve had medical tests or evaluations to assist in determining a diagnosis recent enough, and we can get your records, you will not have to be re-tested or re-evaluated. If we don’t have enough information, we may request follow up testing and evaluations as necessary to determine if surgery is your best option.

How much will the surgery cost me?

The surgery itself has no out-of-pocket cost. However, you may incur charges for pre-surgical evaluation and post-operative therapy. These costs are offset by a shared savings check of up to \$1,500 which you will receive from your employer within 30 days after surgery.

How do I get the shared savings check?

If you have surgery at the Hendricks Regional Health Orthopedic Center of Excellence, your employer will issue you a shared savings check of up to \$1,500 within 30 days after surgery.

If I live far away, will I have to come back for physical therapy at Hendricks Regional Health?

No, we have a statewide network of physical therapy partners that are happy to care for you close to your home. Physical therapy services will apply toward your existing health plan coverage.

If I live far away, will hotel accommodations be included?

Yes, hotel costs are included in the program. If hotel accommodations are needed, our concierge will assist you in arranging a reservation.



What orthopedic surgeries and procedures are included through the Center of Excellence program?

- ACL Repair
- Anterior & Posterior Cervical Fusion
- Carpal Tunnel Release
- Cubital Tunnel Release
- Foot & Ankle Procedures:
 - » Ankle Exostectomy
 - » First Ray Procedures
 - » Hammertoe
- Ganglion Cyst Excision
- Gastrocnemius Recession
- Joint Replacement Procedures:
 - » Ankle
 - » Hip
 - » Knee
 - » Shoulder
- Knee Arthroscopy
- Ligament & Tendon Repair
- Lumbar Decompression Laminectomy
- Muscle Repair
- Posterior Lumbar Fusion
- Rotator Cuff Repair
- Shoulder Arthroscopy
- Trigger Finger Release



Scan here to visit Hendricks.org/COE and learn more.

Or call: **317-386-5630**



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MASE Financial

YTD Financials Report - As of December 31 2025
Year to date receipts: \$42,816.038.49
Year to date expenses: \$49,369,451.99
Total assets: \$6,264,315.79

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