

WHATEVER IT TAKES

We're problem-solving, frustration-fighting people on a mission to make your healthcare simpler.



Introducing Your Care Coordinators


GuideStone®


by QUANTUM HEALTH



TOPICS

Quantum Health Mission

Start with Quantum Health

Health Care Simplified

Digital Navigation Support

Stories from Quantum Health Members



QUANTUM HEALTH'S MISSION

Quantum believes no one should have to navigate the cost and complexity of healthcare alone.

Care Coordinators are big-hearted, fast-thinking people on a mission to make healthcare smarter, simpler and more cost effective.



WHEN YOU
DON'T KNOW
WHERE TO BEGIN,

START WITH QUANTUM HEALTH

From replacing ID cards to more complicated matters like claim resolutions, no request is too big or small for your MyQHealth Care Coordinators. We're your one resource to contact whenever you need help with your medical, wellness or pharmacy benefits.





IN THEIR OWN WORDS:

A note of thanks from one of our members.

"She went beyond the questions I was asking to make sure I knew about other resources available through my employer's benefits.

I really appreciated the level of detail she offered to give me less costly, or even free, alternatives on top of directing me to in-network providers."

-Boston Scientific Employee



HEALTHCARE, **SIMPLIFIED**



855-497-1230

GuideStoneHealth.org

Download our app

MyQHealth - Care Coordinators

Your Health Benefits

Provider Network: BCBS PPO,
Blue High Performance Network

Medical Claims Payer:
Highmark BCBS

Pharmacy Claims Payer:
Express Scripts

Available starting
January 1, 2022

When you need care, contact your care coordinators.
WE'LL TAKE CARE OF THE REST.



Care Coordinators connect you to all your GuideStone[®] health plan benefits

- Express Scripts pharmacy benefits
- Health coaching
- Teladoc
- SmartShopper
- Additional benefits

MyQHealth by Quantum Health is not available for GuideStone's Global Core, Cigna International or Medicare-coordinating Plans.



When you need help, contact us

- Verify coverage
- Provide health-education resources
- Advocate for your care
- Help manage chronic conditions
- Find in-network providers
- Contact providers to discuss treatment
- Answer claims, billing and benefits questions
- Create health-improvement plans
- Avoid unnecessary out-of-pocket costs

We also help confirm precertification for services to make sure you're always covered.

- Inpatient and Skilled Nursing Facility Admissions
- Outpatient Surgeries
- MRI/MRA and PET scans
- Oncology Care and Services (chemotherapy and radiation therapy)
- Genetic Testing
- Home Health Care
- Hospice Care
- DME – all rentals and any purchase over \$1500
- Organ, Tissue and Bone Marrow Transplants
- Dialysis
- Partial Hospitalization and Intensive Outpatient for Mental Health/Substance Abuse

MYQHEALTH CARE COORDINATORS
ARE JUST A TAP, CLICK OR CALL AWAY



MANAGE YOUR HEALTHCARE **ANYWHERE, ANYTIME**

Many of the tools you need are available online:

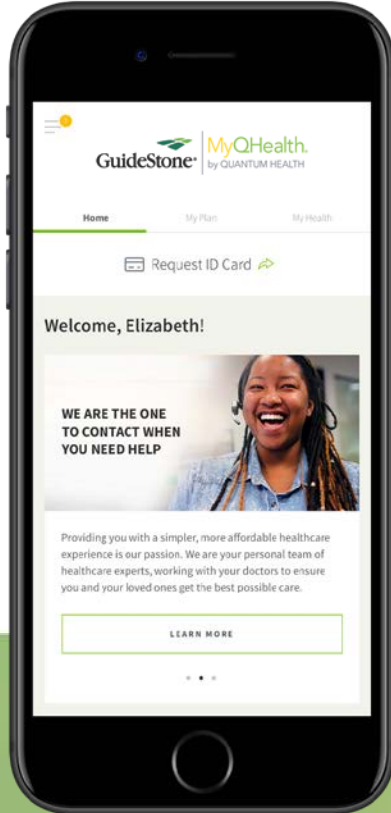
- Find in-network providers
- Check claims statuses
- Request ID cards
- Chat with a Care Coordinator
- Get helpful information from the Health Library



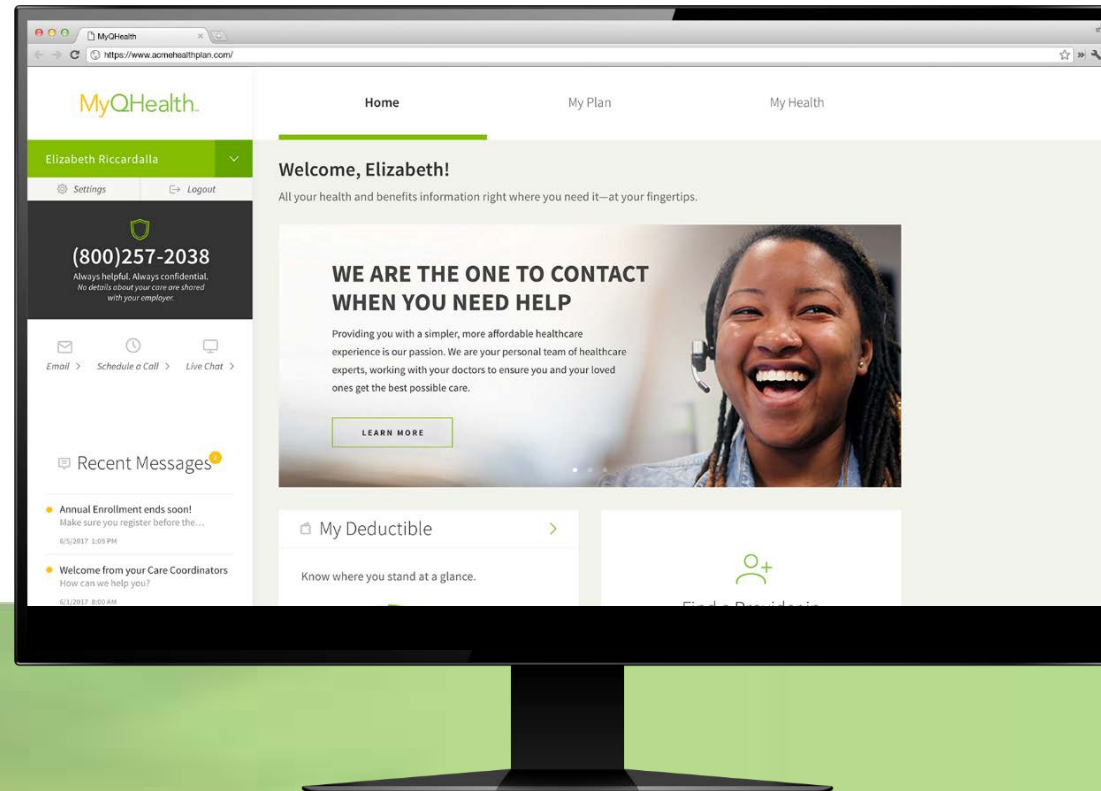


MyQHealth Care Coordinators

Are just a tap, click or call away



Download our app
MyQHealth - Care Coordinators



Visit us online
GuideStoneHealth.org



Give us a call
855-497-1230



Download the
**MyQHealth –
Care Coordinators**

mobile app, available from the
App StoreSM or Google PlayTM

IN THEIR OWN WORDS:

A note of thanks from one of our members.

"I need to sing my Care Coordinator's praises. I have breast cancer and she found out how to get me \$5,000 toward whatever I need. I never would have known I had this benefit. She follows up with me consistently and sends me information as I need it. She helped me read my Explanation of Benefits and cross-check it with my bills. She is fantastic. She doesn't make me feel like just another patient or a number. She's awesome!"

Member, National Nursing Home Company



IN THEIR OWN WORDS:

A note of thanks from one of our members.

“I was so relieved to speak to a nurse about the ongoing treatment for my daughter. Having one person to contact is magnificent! Over the past few years, I found it very difficult to call several different places depending on what the issue was. I’m so pleased my company chose to work with Quantum Health.”

MEMBER, *Global Healthcare Company*





MyQHealth.®
by QUANTUM HEALTH