

Quantum Health

How do I contact Quantum?

1. Call 1-855-497-1230
2. Visit GuidestoneHealth.org
3. Download the *Quantum Health* app

What can they help me with?

- Advocate for your care
- Verify coverage
- Order new cards
- Answer claims, billing, and benefits questions
- Find in-network providers
- Help pre-certify services
- Health education resources
- Create health improvement plans
- Provide information about the additional programs available (see right side of handout)

**Highmark –
Blue Cross Blue Shield
Administered by Guidestone**

**What's the name
of my plan?**

**Guidestone
Medical**

**Who do I
contact
for help?**

**What
extras
come with
my plan?**

**How do I find
care?**

1. **Care Finder** on Quantum Health
2. **Blue Distinction** www.bcbs.com/blue-distinction-center-finder
3. You can research provider performance on healthgrades.com, rateMDs.com, or Vitals.com

1. **Teladoc** – Virtual Care
1-800-835-2362
Teladoc.com/highmark/
*If prompted, it is imperative that you select *Highmark* when signing up.
2. **Care Coordinator Nurse Line** 1-855-497-1230
3. **Twin Health** – Type 2 Diabetics
partner.twinhealth.com/Guidestone
4. **Sword** – Virtual PT
join.swordhealth.com/BCBS
5. **Smart Shopper**
1-866-285-7475
6. **Express Scripts**
1-800-555-3432
7. **Early Steps Maternity Coaching**
1-855-497-1230
8. **Health Coaching**
1-855-497-1230

**There may be additional charges for the services listed above, please check with your plan coverage*