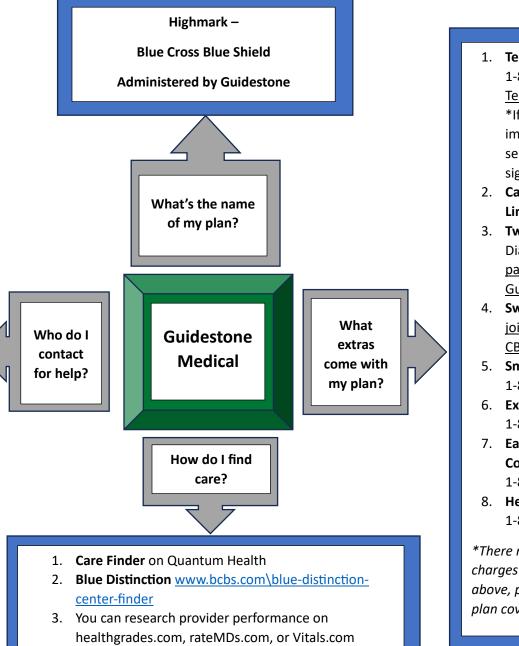


## How do I contact Quantum?

- 1. Call 1-855-497-1230
- 2. Visit <u>GuidestoneHealth.org</u>
- 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)



- 1. **Teladoc** Virtual Care 1-800-835-2362 <u>Teladoc.com/highmark/</u> \*If prompted, it is imperative that you select *Highmark* when signing up.
- 2. Care Coordinator Nurse Line 1-855-497-1230
- Twin Health Type 2 Diabetics partner.twinhealth.com/ Guidestone
- Sword Virtual PT join.swordhealth.com/B CBS
- 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