

# Helpful Tips for your Health

Start off on the right foot with these resources. It's as easy as 1, 2, 3!

## 1 Register for your plan's online portal

Our online portal and mobile app are great resources to help you manage your health plan. You'll have 24/7 access to your benefit information, provider directory, claim status and you can even download your ID card.

**It's easy to register:**

- Visit [BrightSpring.Quantum-Health.com](https://BrightSpring.Quantum-Health.com)
- Follow the steps to create an account

## 2 Get help finding a provider

Call the number on the front of your Benefits ID card, and our care coordination team will help you find a provider that works for your needs.

**A Care Coordinator will help you:**

- Find provider partners that work well with your health plan
- Compare providers based on quality scores and estimated costs

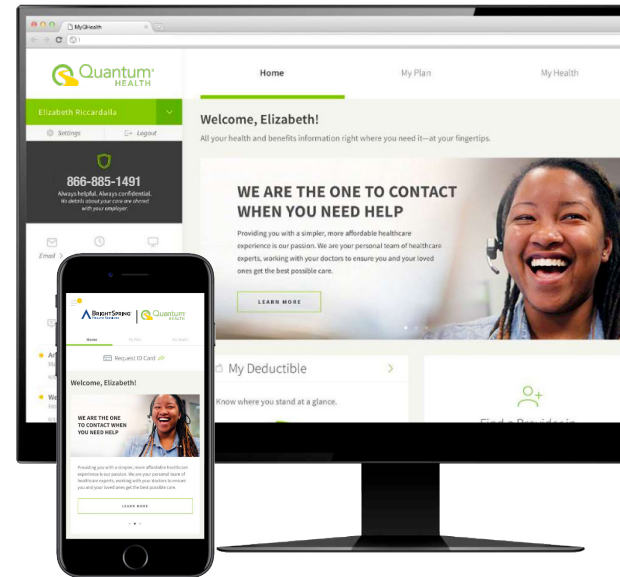
## 3 Work with our clinical team

Your plan has experienced nurses and licensed professional counselors to provide one-on-one support for you and your caregivers.

**Some of the conditions we support are:**

- Diabetes
- Congestive heart failure
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Maternity
- Hypertension
- Asthma

Our team can offer guidance and education regarding your treatment plan, diagnosis care options and medications, as well as answer all your questions. These services are available at no additional cost to you and are completely confidential.



Care Coordinators are available to provide expert service and support.

866-885-1491 | M–F, 8:30 a.m.–10 p.m. ET