

SMART TIPS FOR YOUR HEALTH PLAN

Your well-being is our top priority. This newsletter gives you a quick look at some of your health plan's powerful resources.

24/7 ACCESS TO YOUR BENEFITS

- **Visit the Quantum Health portal.** Search for providers, get real-time benefits and claims information, and track your spending. Register at BrightSpring.Quantum-Health.com.
- **Download the "BrightSpringConnect" app.** Get instant access to benefits enrollment, key contacts, resources and the Quantum Health portal.



CONVENIENT VIRTUAL CARE FROM RECURO HEALTH

Skip the wait and avoid the drive with virtual care from Recuro Health. Board-certified providers and licensed counselors and psychiatrists can help you feel better fast with:

- **Urgent care:** Get 24/7 access to care for common medical issues like flu, eye/ear infections and allergies.
- **Primary care:** Schedule appointments for routine, preventive and ongoing care.
- **Counseling/psychiatry:** Schedule consults - including therapy, counseling and psychiatry - for conditions such as depression, anxiety and substance abuse.

Call **844-715-1724** or visit member.recurohealth.com to make live video or phone visits. Or download the **"Recuro Care" app**.

SCHEDULE YOUR PREVENTIVE CARE

Preventive screenings and tests can help you stay healthy – and many are no cost to you through your health plan. That means no copayment, coinsurance or deductible charges.

Some preventive services can find conditions early when they may be easier to treat. Others, like vaccines, can help protect you from certain illnesses or diseases.

Examples of preventive care include:

- Adult annual physicals
- Well-child visits and routine childhood vaccines
- Flu, COVID-19 and pneumonia vaccines
- Cholesterol, blood pressure and diabetes tests
- Mammograms and colorectal cancer screening

To find out which ones your plan covers, as well as the eligibility requirements, call your Quantum Health Care Coordinators at **866-885-1491**.

FIND A PRIMARY CARE PROVIDER

A primary care provider (PCP) is your main healthcare provider for non-emergency situations. There are many types of PCPs, including family doctors, nurse practitioners and pediatricians. They can treat common medical conditions, provide preventive care and manage chronic conditions.

To find a PCP, use the provider search at BrightSpring.Quantum-Health.com. Or call your Care Coordinators at **866-885-1491**.

