



# CONTACT YOUR CARE COORDINATORS

WHEN AND HOW IT'S EASIEST FOR YOU

Benefits can be complicated, but you have Quantum Health on your side to make them simpler. For medical claims, benefits, prescription assistance, and so much more, you can expect expert guidance from your Care Coordinators.

**There are several ways to contact your Care Coordinators:**



**Chat** live with a Care Coordinator through your online account during business hours.



**Schedule** a call at the date and time that is convenient for you and a Care Coordinator will call you at the scheduled time - no holding, no waiting.



**Send** a secure message 24/7 through your online account when you need help after hours.



**Call** to speak with a Care Coordinator. We have Spanish-speaking Care Coordinators available and will provide translation services if needed.

No request is too big or small for your Care Coordinators. Contact us by phone or chat during business hours, and anytime through your online account.



[myqhresource.com](https://myqhresource.com)

**(866) 885-1493**

(Monday-Friday, 7:30 a.m.-9 p.m. CT)

