

Learn more about the \$0 Copay Prescription Program today!

Quantum Health is here to guide you towards better health. Simple steps can ensure you are managing your chronic condition(s).

Managing a chronic condition can feel like a lot, but you don't have to do it alone. Your Quantum Health Nurse Care Coordinators are here to answer questions, explain your benefits and help you take the right steps for your health.

Take the right steps. Earn rewards.

Take action now to receive FREE eligible prescriptions by completing all required care path activities for asthma, COPD, CAD, CHF and diabetes. **100% of care path activities must be completed.**

Below is a simple checklist of recommended care steps to help you stay on track.

Asthma

- ☐ Get your annual flu shot
- ☐ Use asthma control medication
- ☐ Have your annual physical

Chronic Obstructive Pulmonary Disease (COPD)

- ☐ Get your annual flu shot
- ☐ Have your annual physical

Congestive Heart Failure (CHF)

- ☐ Take a beta-blocker medication
- ☐ Take an ACE or ARB medication
- ☐ Have your annual lipid screening
- ☐ Have your annual physical

Coronary Artery Disease (CAD)

- ☐ Take a cholesterol lowering medication
- ☐ Take a beta blocker medication
- ☐ Have your annual lipid screening
- ☐ Have your annual physical

Diabetes

- ☐ Have your Hemoglobin A1c test annually
- ☐ Have your annual lipid screening
- ☐ Have your annual urine protein test
- ☐ Take a statin as prescribed
- ☐ Have a diabetic eye exam every two years
- ☐ Have your annual physical

If your doctor doesn't recommend these, call your Nurse Care Coordinators to receive credit.

To see your personalized care path and what's next, visit liiquantum.com and select **Care Path Compliance** under the **More** tab.

(877) 220-2279

Monday-Friday, 8:30 a.m.-10 p.m. ET

liiquantum.com

