



IF THERE'S A BETTER WAY TO HELP
YOU UNDERSTAND YOUR BENEFITS,
WE'LL FIND IT.



GETTING TO KNOW MYQHEALTH

Whenever you have questions about your healthcare, your MyQHealth Care Coordinators are here to help. Get personalized support and guidance when you need help with medical claims, health benefits, prescriptions and so much more – at no additional cost to you.

1. Register at [GuideStoneHealth.org](https://www.GuideStoneHealth.org)

If you haven't already registered at [GuideStoneHealth.org](https://www.GuideStoneHealth.org), let's get started. Here's how: Click on **Register for a New Account** and provide the information requested. Anything with an asterisk (*) is required. Then click **Next**. A verification code will be sent to your choice of mobile phone, if provided, or email address. **Enter the verification code**, and you're all set. After registering, you'll have 24/7 access to your health plan details and will be able to search for an in-network provider, print and save a copy of your ID card, chat with a Care Coordinator, and more.

2. Download the mobile app

Go to the App Store or Google Play and search for **MyQHealth - Care Coordinators**.

3. Find out more about your health plan benefits

Whether you're on [GuideStoneHealth.org](https://www.GuideStoneHealth.org) or the MyQHealth app, click/tap on **My Plan** to see what's available to you, such as finding providers and accessing benefit details, documents, claims, authorizations and more.

4. Click/tap around to see what resources are available to you

When you select **My Health**, you can access your incentive checklist to help keep track of health plan activities and incentives. If your plan includes lifestyle coaching and wellness programs, you'll find details here.

5. Verify your primary care physician (PCP)

You can find and assign your PCP, or primary doctor, in the **My Plan** section. Click/tap on **Primary Doctor** and enter your doctor's information to search. If you can't find your primary doctor in the list, click **Can't Find Your Doctor?** at the bottom of the page. Once you've found the provider you wish to designate – and have made sure your provider is in-network – choose **Assign** to designate as your primary doctor. If you have any questions or concerns, enter your personal contact information and click **Submit** for a MyQHealth Care Coordinator to assist you.

Call Quantum Health at 855-497-1230 to put authorizations on file and help find physicians for any previously planned elective care procedures

[GuideStoneHealth.org](https://www.GuideStoneHealth.org)

855-497-1230

(Monday–Friday, 8:30 a.m.–10 p.m. ET)

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