

A ROAD MAP TO YOUR GUIDESTONE MEDICAL COVERAGE

Your GuideStone medical plan is more robust and better than ever. Here's a road map to guide you in maximizing your benefits journey.

STOP 1: MYQHEALTH BY QUANTUM HEALTH

Think of Quantum Health as your personal team of nurses, benefit experts and claims specialist who will do whatever it takes to support your unique health care needs. Quantum is your one resource to contact whenever you need help with your medical, wellness or pharmacy benefits.

You have one mobile app, one website and one phone number.

Get to know [MyQHealth](#).

- [Download the MyQHealth - Care Coordinator app](#)
- [Visit GuideStoneHealth.org](#)
- [Call 1-855-497-1230](#)

STOP 2: HELP CENTER

Have a question?

Visit [Help.GuideStone.org](#) to find answers regarding:

- [Prescriptions](#)
- [Benefits](#)
- [Claims](#)

STOP 3: PREVENTIVE CARE

An ounce of prevention saves you cash and keeps you healthy.

Visit [GuideStone.org/PreventiveCare](#) to download preventive care information and download your Preventive Schedule at [GuideStone.org/PreventiveSchedule](#). Here are some of your covered benefits:

- [Your annual checkup](#)
- [Preventive mammograms and well-woman screenings](#)
- [Some cancer, diabetes and blood pressure screenings](#)





STOP 4: WELLNESS TOOLS AND PROGRAMS

GuideStone's Wellness Tools and Programs page is the place to learn more about your benefits.

Visit [GuideStone.org/WellnessTools](https://www.guidestone.org/WellnessTools) to:

- Access Teladoc[®] (telemedicine provider)
- Earn cash with SmartShopper[®]
- Take Advantage of Health Coaching



STOP 5: ADDITIONAL BENEFITS

Your GuideStone medical plan is rich with extras you don't want to miss.

Visit [GuideStone.org/AdditionalBenefits](https://www.guidestone.org/AdditionalBenefits) to discover how to:

- Access overseas coverage using BCBS Global[®] Core
- Get discounts for products and services using Blue365[®]
- Minimize damage from identity theft with Experian IdentityWorksSM



GuideStone[®]