



CLINICAL SUPPORT WITH A PERSONAL TOUCH

Your Quantum Health Nurse Care Coordinators provide personalized support.

Nurse Care Coordinators are licensed clinicians available to provide dedicated, one-on-one support throughout your healthcare journey. Your nurse Care Coordinator is one nurse assigned to support both you and your family.

Your Nurse Care Coordinator goes above and beyond to provide expert guidance on:

- Your employer-provided benefit enhancements
- Managing health conditions like diabetes, high blood pressure, high cholesterol, asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure, kidney disease and high-risk pregnancy
- Preparing for and recovering from inpatient hospital stays
- Ensuring you understand your coverage and have prior approval when needed
- Collaborating with your provider on your care and advocating for your needs
- Solving claims issues and helping you understand your medical bills
- Providing tips on how to improve or maintain your health, and proactively reaching out to you to help you manage your health condition(s) and understand your benefits

When you don't know where to begin, start with us.

We're problem-solving, frustration-fighting people on a mission to make your healthcare simpler. Your Nurse Care Coordinator is part of a larger team of Quantum Health Care Coordinators who can help you with all your healthcare and benefits needs.



tidelandshealthplan.com

(877) 498-6693

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

