



# IF THERE'S A BETTER WAY TO HELP YOU MANAGE YOUR CHRONIC CONDITION, WE'LL FIND IT

## Quantum Health is here to guide you towards better health. Learn more about the \$0 Copay Prescription Program and start participating today!

Quantum Health Care Coordinators are here to help you and your eligible dependent(s) manage the treatment of chronic conditions. Take action now to receive FREE eligible prescriptions when you complete **all of your care path activities** for asthma, COPD, CAD, CHF and diabetes. **100% of your care path activities must be complete to receive the free eligible prescriptions.** You can review your conditions, care path item and completion details by visiting [LIQuantum.com](http://LIQuantum.com). Click on the "More" tab on the left side of the page and select "Care Path Compliance".

### The following care path activities are based on nationally recognized guidelines.

#### ASTHMA

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

#### CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- Get an annual flu shot
- Have your annual physical

#### CONGESTIVE HEART FAILURE (CHF)

- Take a beta-blocker, ACE or ARB medication as recommended by your doctor
- Have your annual lipid screening
- Have your annual physical

#### CORONARY ARTERY DISEASE (CAD)

- Have your annual lipid screening
- Take a beta-blocker or cholesterol-lowering statin medication as recommended by your doctor
- Have your annual physical

#### DIABETES

- Have a Hemoglobin A1c test annually
- Have your annual lipid screening
- Have an annual urine protein test (or microalbumin)
- Take a cholesterol-lowering statin medication as recommended by your doctor
- Have a diabetic eye exam every two years
- Have your annual physical

If your doctor does not recommend or prescribe any of these treatment options, call your Care Coordinators to receive credit.



[LIQuantum.com](http://LIQuantum.com)

(877) 220-2279  
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

