

A Quantum Leap Toward Better Health



Telemedicine Benefits, \$0 Copay

From everyday concerns to unexpected issues, virtual care puts expert support at your fingertips. With Quantum Health Benefits, board-certified doctors are available anytime, anywhere to diagnose symptoms, prescribe medication, and send prescriptions to your preferred pharmacy.

They treat most non-emergency conditions, including:

RESPIRATORY & ENT

- ✓ Cold & flu
- ✓ Sinus infections
- ✓ Allergies
- ✓ Cough & croup
- ✓ Sore throat / strep
- ✓ Pink eye

DIGESTIVE & GASTROINTESTINAL

- ✓ Acid reflux
- ✓ Diarrhea
- ✓ Abdominal discomfort
- ✓ Constipation
- ✓ Nausea and vomiting

SKIN & HAIR

- ✓ Rashes
- ✓ Poison ivy / oak
- ✓ Bug bites
- ✓ Cellulitis
- ✓ Minor infections

MEDICATION & GENERAL CARE

- ✓ Prescription refills (when appropriate)
- ✓ General medical questions
- ✓ Basic chronic condition support

MUSCULOSKELETAL

- ✓ Joint pain or swelling
- ✓ Sprains & strains
- ✓ Back pain
- ✓ Gout

NEUROLOGICAL & GENERAL

- ✓ Headaches & migraines
- ✓ Dizziness
- ✓ Fever
- ✓ Fatigue
- ✓ Dehydration-related symptoms

WOMEN'S HEALTH

- ✓ Urinary symptoms
- ✓ Vaginal infections
- ✓ Menstrual concerns



Mental & Behavioral Health



EMOTIONAL & MOOD SUPPORT

- ✓ Anxiety
- ✓ Depression
- ✓ Bipolar disorders
- ✓ Panic disorders
- ✓ Postpartum depression
- ✓ Stress
- ✓ Self-esteem challenges

LIFE CHANGES & PERSONAL CHALLENGES

- ✓ Grief & loss
- ✓ Divorce
- ✓ Relationship & marriage issues
- ✓ Parenting concerns
- ✓ Life transitions

BEHAVIORAL & DEVELOPMENTAL NEEDS

- ✓ ADHD
- ✓ Anger management
- ✓ Child & adolescent issues
- ✓ Bullying

SUBSTANCE USE & ADDICTIVE BEHAVIORS

- ✓ Addictions
- ✓ Substance abuse

HEALTH, NUTRITION & DAILY WELLBEING

- ✓ Nutrition counseling
- ✓ Eating disorders
- ✓ Sleep issues
- ✓ General life coaching

TRAUMA & CRISIS SUPPORT

- ✓ Trauma and PTSD
- ✓ Abuse-related concerns

Ready to leap forward? Quantum Health Benefits gets you there.

Contact us today to learn more.