



MyQHealth.
by QUANTUM HEALTH

5240 Blazer Parkway
Dublin, OH 43017



MYQHEALTH CARE COORDINATORS ARE YOUR BENEFITS EXPERTS

877-711-9778

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

floridasheriffshealthplan.com

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MyQHealth - Care Coordinators

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

TAKE CARE OF YOURSELF AND GET FREE MAINTENANCE MEDS

Our records show you are identified with one or more of the conditions listed below, and you have care path activities to complete to manage your health – and to earn free maintenance medications.

To be eligible for waived copays on your maintenance medications, you must complete 50% of your care path activities listed below for your specific condition(s) to be considered compliant. If you fall out of compliance, you may lose the benefit.

What are care path activities? They are widely accepted clinical practices for treating specific conditions. The activities listed below were developed to help you take care of your own health, and they could be things you are already doing.

Please read the following carefully. If you have any questions, or if you would like us to guide you through this information, give us a call at 877-711-9778.

YOUR PATH TO CONDITION MANAGEMENT STARTS HERE

Based on nationally recognized guidelines, the following care path activities were developed by doctors – and brought to you by your MyQHealth Nurse Care Coordinators – to help you manage your health so you can maintain your independence and live your very best life.

ASTHMA

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

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- Get annual flu shot*
- Have your annual physical

CONGESTIVE HEART FAILURE (CHF)

- Take a beta-blocker medication†
- Take an ACE or ARB medication†
- Have your annual lipid screening
- Have your annual physical

CORONARY ARTERY DISEASE (CAD)

- Have your annual lipid screening
- Take a beta-blocker medication after a heart attack†
- Take a cholesterol-lowering statin medication†
- Have your annual physical

DIABETES

- Have HbA1c test at least once yearly
- Have your annual lipid screening
- Have annual microalbumin or urine protein test
- Take a cholesterol-lowering statin medication†
- Have an eye exam every two years
- Have your annual physical

HYPERLIPIDEMIA

- Have your annual lipid screening
- Take a cholesterol-lowering statin medication†
- Have your annual physical

HYPERTENSION (HTN)

- Take an antihypertensive medication†
- Have your annual physical

****This requirement can be waived with proper documentation for not getting the immunization.***

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

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