



Our members' health is our top goal. Our QCARE programs help members live healthier lives and manage ongoing sickness. This means improved health and lower healthcare costs.



The Quality Choice for Health & Wellness

One-on-One Health Coaching

QCARE health coaching helps members lower or control out-of-pocket costs by helping them change their habits. Two-thirds of all healthcare costs are linked to poor health behaviors, so this is a smart plan. Our health coaches teach members to set and reach health and well-being goals.

They also give support and education on issues like:

- Stopping tobacco use
- Handling stress
- Improving diet
- Increasing activities

Complex & Long-Term Illness

QCARE nurses also offer support for members dealing with complex diseases and long-term health issues.

Programs are offered for:

- Asthma
- High-risk pregnancy
- Cancer
- High blood pressure
- Congestive heart failure
- Organ transplant
- High blood sugar

A trained nurse Care Manager serves as the single contact to ensure that the member gets the needed support. Training and guidance are provided even when the member has multiple conditions. Our nurse Care Managers give:

- One-on-one support and guidance
- Help in following the doctor's plan
- Ongoing help with long-term illness
- Help in preventing related problems



QCARE, our personal health and wellness management program, offers support and learning tools for QualChoice members. This keeps our healthiest members healthy and gives those with chronic illness the special attention they need. QCARE is led by a team of health experts including a staff of registered nurses (RNs) and a Medical Director. To learn more or to view a list of QCARE programs, visit QualChoice.com; select QCARE Program.

*NOTE: Programs vary by group and benefit plan. Check with your benefits administrator.

More Health Tips and Savings

Register as a member at QualChoice.com and sign in to [My Account](#) to:

- Learn what to ask your doctor
- Find and compare hospitals
- Browse a library of health topics
- Link to extra help with healthcare decisions
- Get a current health assessment

Save on health and fitness products with our QuicRewards program. Members enjoy savings on things like weight loss programs, vision care, home safety products and much more!



A free text message service giving helpful support to new moms!



Free, private websites to join family and friends during a health crisis.

To learn more about our QCARE programs, call your Account Service Representative at 501.228.7111 or 800.235.7111 or visit QualChoice.com.

QualChoice is the registered name used for products and services provided by one or more of the QualChoice group of subsidiary companies. The QualChoice companies that offer, underwrite or administer benefits coverage include QCA Health Plan, Inc., and/or QualChoice Life and Health Insurance Company, Inc.

