



Take Control Today for a Healthier Tomorrow

Prevention is a powerful way to protect your health. Taking small steps now can help you avoid bigger issues later. When you register with Quantum, you get instant access to Quality Provider Search and resources such as Teladoc Health, Active&Fit, and Hinge Health that make it easier to stay active and strong.

REGISTER OR
LOG IN

Teledoc Health

Access Now →

24/7 virtual access to confidential care from licensed doctors, specialists, and healthcare providers.

Hinge Health

Start Now →

Relief from joint and muscle pain via therapist-led online exercises at \$0 cost

Active&Fit

Access Now →

Discounts at thousands of fitness centers nationwide and free virtual workouts

Quality Provider Search

Access Now →

Quality ratings and cost estimates for in-network providers and facilities

Log in to view all your benefits today!

Register for a Quantum account:

1. Sign in to [MyCPG Accounts](#).

2. Click on "Access Quantum Health."
3. Confirm your information.

REGISTER OR LOG IN
TODAY



BENEFITS | INSURANCE | PUBLISHING

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