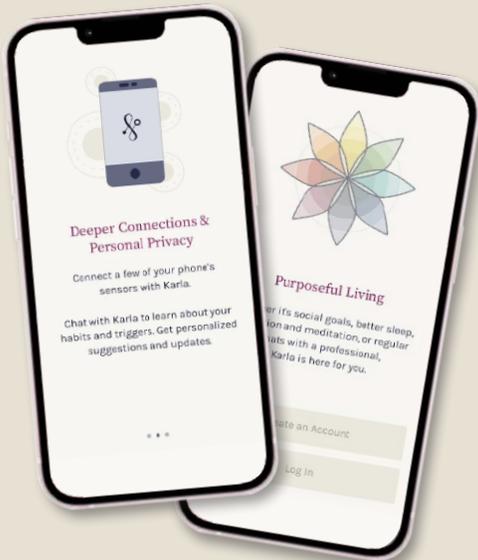




More options.
Greater support.

We put your emotional health first.

Care when & where you need it most. Each day is an opportunity to live better. Health is a combination of behavioral, emotional, mental, physical, and social factors. Where one is strengthened, the others are also strengthened. We are with you when you need us – even when we physically can't be.



You don't need to wait to feel better. You can start today.



What is SyncTalk?

SyncTalk is a telehealth counseling program that connects individuals to certified, masters-level counselors who can help you build skills in coping with stress, anxiety and uncertainties. SyncTalk offers:

- One to one sessions with a kind, compassionate, unbiased expert
- Flexible hours with the convenience to participate from the comfort of your own home
- Support between sessions via the Karla app to help you achieve your goals
- No out of pockets costs to participate

Sign up by visiting quorumhealth.synctalk.us or calling **844-965-2752** (or 844-96KARLA).

(Available to all benefit-eligible employees and dependents)



To learn more:

Call Quantum to speak with a **MyQHealth** Care Coordinator at **877-321-8220**.