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FOR IMMEDIATE RELEASE

**MMARS, Quantum Health & Wellness Join Forces to
Provide Health, Wellness and Case Management Solutions**

Customized Approach Covers Entire Care Continuum

Baltimore, MD and Altoona, PA / PRWeb / December 20, 2013 – Medical Management and Rehabilitation Services (MMARS) and Quantum Health & Wellness are teaming up to provide evidence-based health, wellness and case management solutions. By combining each company's unique services, Quantum and MMARS now can help employers, brokers, and health plans customize their approach to controlling health care costs and maximizing their budgets for wellness and care management. The overall goal is to provide a continuum of care that works.

"Off-the-shelf disease management and case management are not the answer," says Carolyn Miller, RN, BSN, CCM, MMARS president. "Smart, proactive care management tailored to the specific needs of the patient can help provide the impact and change necessary to improve health. Uniting with Quantum Health & Wellness is a logical next-step as MMARS continues to provide cutting-edge health and population management solutions."

MMARS is one of the most experienced care management organizations in the United States, offering an array of state-of-the-art, best-in-breed health and population management solutions. Over the past two decades, MMARS has solidified a track record of successfully managing the quality and cost of health care provided, as well as converting health care informatics into improved quality outcomes and cost savings. MMARS provides independent care management and coordination services to both the public and private sectors, covering the entire spectrum of services, from utilization review to complex case management.

Quantum Health & Wellness teams with health coaches and registered nurses to provide comprehensive programs for businesses. Activities include biometric health screenings, weight

management, smoking cessation, fitness incentives, monthly check-ins and regular on-site health care events.

“Our mission is to educate, encourage and empower people to optimum levels of wellness,” says Diane Gensamer, director of health management and member education for Quantum. “Adding the additional level of care management services through MMARS will allow us to bring the services we offer to the next level, truly covering the entire care continuum.”

Visit www.mmars.com to learn more about the full spectrum of medical management solutions for health care.

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About Medical Management and Rehabilitation Services (www.mmars.com)

Medical Management and Rehabilitation Services (MMARS) provides comprehensive case management and disease management services across the age spectrum for a variety of insurance providers and government agencies. Founded in 1993, our team is committed to providing customized, cost-effective and comprehensive health care management services. MMARS provides independent care management and coordination services to both the public and private sectors. Our services cover the entire spectrum of care management services, from utilization review to complex case management.

About Quantum Health & Wellness (www.quantumhw.net)

Founded in 2007, Quantum Health & Wellness teams with wellness coaches, corporate physicians when available and registered nurses to provide comprehensive programs for businesses. Activities include biometric health screenings, weight management, smoking cessation, fitness incentives, monthly check-ins and regular on-site healthcare events. An interactive web-based system empowers and actively engages the employee with their plan, while the software provides proven, evidence-based return on investment. Customized software allows access with physicians and RNs while also providing complete employee privacy and compliance with HIPAA regulations. Quantum enables businesses to control rising healthcare costs while maintaining employee benefits and improving health through the implementation of corporate wellness programs.