

# Get rewarded for well-living

Quartz Well is a personal wellness program that rewards you for healthy choices. Earn points for tracking healthy behaviors, keeping up with preventive care, and making progress toward your well-being goals.



# Set your goals

You choose your wellness goals and interests

# **Track your progress**

Easily track healthy habits and sync health and fitness devices

# **Choose your rewards**

Pick from over 45 gift cards or shop the Virgin Pulse store



# Sign up and start earning today

Visit **QuartzBenefits.com/QuartzWell** to set up your account today. You'll need your Quartz Member ID number handy.

# Here to help

Quartz Well is offered in collaboration with Virgin Pulse.

# **Quartz Well technical support**

Email Support@VirginPulse.com
or visit Support.VirginPulse.com/QuartzWell
for tips and live chat

# Quartz benefits support

Contact Customer Success at (800) 362-3310 or message us in Quartz MyChart

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Quartz-branded health plans are offered by Quartz Health Benefit Plans Corporation, Quartz Health Plan Corporation, Quartz Health Plan MN Corporation, and Quartz Health Insurance Corporation, which are separate legal entities. Quartz Well is not available to Quartz Medicare Advantage (HMO), Medicare Dual Eligible, Medicare Supplement, Medicare Select, Medicaid SSI, Quartz BadgerCare Plus, and State of Wisconsin Group Health Insurance Program members. Rewards can be earned by the subscriber and their eligible spouse/domestic partner, age 18 and older. See member materials for program information. Activities and points may change. Log in for up-to-date options and point systems.