

It's renewal time!



Your new plan year is starting soon. We're thankful for the continued opportunity to help you live life to the fullest. Here are our **top tips for making the most of your benefits.**

Know your coverage

It's a smart habit to review your **Summary of Benefits and Coverage (SBC)** and **Certificate of Coverage** each year so you know what care is covered and at what level. You'll find this information in **MyChart**.

Log in at QuartzMyChart.com and choose **Coverage** from the menu. Then, **View coverage details, deductibles, accumulators.** Call Customer Service if you need a free, printed copy.



Stay healthy with covered preventive care

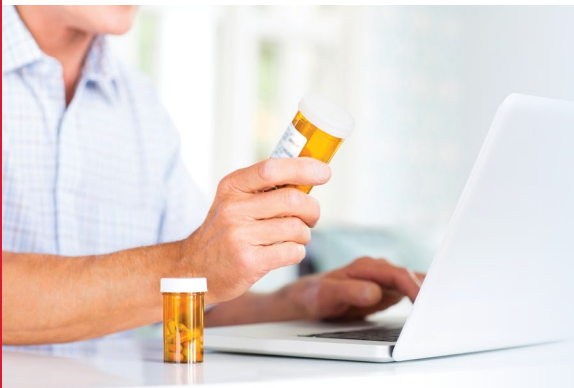
Did you know that you can get certain screenings and immunizations at no extra cost? And others with reduced cost sharing? Go to QuartzBenefits.com/preventive for details. You can also earn Quartz Well points for taking care of yourself, redeemable for Amazon gift cards. Log in at QuartzMyChart.com. Choose **Quartz Well** from the menu to access your wellness portal and view your rewards tracker.



Manage your prescription costs

Drug prices are complicated. Different pharmacies charge different amounts for the same drug. Generic drugs are usually cheaper than brand names. Other variables may affect how much you pay. Our **Pharmacy Benefits Tool** makes it easy to shop for the best deal.

Log in at QuartzMyChart.com and choose **Pharmacy Benefits** from the menu to go to your prescription dashboard and find helpful drug information.



No MyChart yet? No problem.

Quartz members love the convenience of **MyChart** to access important health plan information, check on claims, message Customer Service, and more. Go to QuartzMyChart.com and follow the prompts to set up your account.



Get the app! Search for **Quartz MyChart** in your app store. Message and data rates may apply.



Live Your Best Life

We all have aspects of our health we'd like to improve. **Quartz can help.**

Health Management Programs

QuartzBenefits.com/healthmanagement

Quartz supports you on your journey to improved health and well-being. Resources available at no extra cost with your plan include:

Complex Case Management Program

Coordination of care and services for complex medical and social needs.

Health Coaching

Work one-on-one over the phone with a trained coach to bring about positive change.

Self-Guided Learning

Manage chronic conditions such as asthma and diabetes. Learn how to live tobacco-free.

Virtual Visits 24/7

QuartzBenefits.com/digitaltools

Fevers don't care what time it is. Or what day of the week. Neither do sore throats or sprained ankles. That's why **Quartz members have access to providers 24/7** through their smartphone, tablet, or computer.



UW Health Care Anywhere



UnityPoint Health Virtual Care



Gundersen VirtualVisit



LiveWell with Advocate Aurora



Contact Us

Website

QuartzBenefits.com

MyChart

QuartzMyChart.com

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Questions?

Send a secure message through **MyChart** at QuartzMyChart.com

Call **(800) 362-3310**

TTY: 711



Quartz[®]