



Healthy Starts Now



# GET STARTED NOW AND DISCOVER THE BEST YOU!

Quartz Well, our personalized digital wellness program, is simple, flexible and rewarding. It's designed to reward you for taking care of yourself — whatever your fitness level, wherever you are.



**SIMPLE**  
No paperwork to complete



**FLEXIBLE**  
Workout wherever and whenever you want



**REWARDING**  
Redeem and use your points online



Automatic points for a range of preventive services, such as immunizations through a network provider

Sync with tracking devices or mobile apps to earn points for steps you take in daily activities or working out

Digital platform that makes it easy to create and track health goals

	Points	Reward
Level 1	1,000	\$25
Level 2	1,000	\$25
Level 3	1,000	\$25
Level 4	1,000	\$25
<b>Total</b>	<b>4,000</b>	<b>\$100</b>

Points can be redeemed for an Amazon gift card! Visit [QuartzBenefits.com/quartzwell](https://QuartzBenefits.com/quartzwell) for details and updates.

Subscribers age 18 and older can earn \$100 for single plans. Family plans offer \$100 for the subscriber and \$100 for the subscriber's spouse (or domestic partner).



## ENGAGE & EARN – 2022

### ENGAGEMENT

Activity	Points
Personal Health Risk Assessment	500
Enter a Food Log	1/day
Record Your Weight	1/day
Complete a Wellness Workshop	100
<b>Health Programs/Quartz Resources</b>	<b>Points</b>
Health Coaching	500

### HEALTH & WELL-BEING

Points can be earned from either in-person or virtual offerings.

Activity	Points
Massage	100/quarter
Acupuncture	100/quarter
Mindfulness Classes	50/quarter
Nutrition Classes	50/quarter
Classes at Aurora Health Care, Gundersen Health System, SwedishAmerican, UPH - Meriter, or UW Health	50/quarter
Health Education Classes	50/quarter
Participate in a Support Group	50/quarter
Tobacco Cessation Class	50/quarter
CPR Certification	100/year
Community Supported Agriculture	400/year
DE&I: Diversity, Equity, & Inclusion Activity	100/quarter

### FITNESS

Activity	Points
Sync Your Device	2,000
Earn 3 pts. per 5,000 steps per day	3/day
Earn 6 pts. per 10,000 steps per day	6/day
Earn 9 pts. per 15,000 steps per day	9/day
Earn 12 pts. per 20,000 steps per day	12/day
Physical Activity Log	5/day
<b>Participate in a Community Event</b>	
5K Walk, Run or Bike	50/quarter
10K Walk, Run or Bike	50/quarter

### PREVENTION

Activity	Points
Annual Exam - Preventive Health Visit	1000
Flu Shot	500
Vision Exam	200
Mammogram Screening	200
Cervical Cancer Screening	200
Colorectal Cancer Screening	200
Immunizations	200
Lipid Screening	200
Diabetes Screening	200
Tobacco Screening	200
Telehealth	400

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to members age 18 and older. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at (800) 362-3310 and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status. The above is an overview only. Activities and points may change. Please review your portal for up-to-date options and point systems.