



Healthy Starts Now

Quartz
well

GET STARTED NOW AND DISCOVER THE BEST YOU!

We now offer a new, personalized digital wellness program that 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 can be redeemed and used for purchases on Amazon.com.

SIMPLY TRACK AND SPEND!

Stay tuned for more details in the *Pulse*, our member newsletter and online at QuartzBenefits.com/well.

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).

Your health plan is underwritten by Unity Health Plans Insurance Corporation. Unity Health Plans Insurance Corporation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
Spanish – ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de ayuda con el idioma. Llame al (800) 362-3310, TTY / TDD: 711 / (800) 877-8973.
Hmong – LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau (800) 362-3310, TTY / TDD: 711 / (800) 877-8973.
 QA00169 (0218)

Quartz
QuartzBenefits.com

GET STARTED



Getting started is easy. Access Quartz Well through your MyChart account. Simply sign on, and you're ready to begin your journey of defining your best you.



- ▶ Complete your Health Risk Assessment
- ▶ Sync your device to automatically track your steps
- ▶ Visit your Primary Care Provider (PCP) to ensure you have all your preventive needs addressed*



- ▶ Live your life. Log your behaviors that aren't tracked by your fitness tracker.
- ▶ Get a massage, sign up for Community Supported Agriculture (CSA), take classes for better health
- ▶ Wait for points you earned to appear automatically for your flu shot and / or other approved services after 90 days from your appointment. Points for preventive visits are automatic. Your points will be synced.



- ▶ Redeem your rewards for an Amazon gift card.
- ▶ 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).

*Based on your age / gender interval for PCP visit.

WHAT'S ON THE QUARTZ WELL PORTAL

The screenshot shows the Quartz Well portal dashboard for user JANE. The navigation bar includes: 2018 Incentive Campaign, Health Risk Assessment, Health, Nutrition, Exercise, Workshops, and Reference. The main content area is divided into four columns: Engagement, Fitness, Prevention, and Health & Wellbeing. A 'START HERE' section on the left contains a 'Health Risk Assessment' button and a 'Food Log' section. The 'REWARDS TRACKER' section shows a progress bar for 4000 points and a table of gift cards awarded for each level. A 'CLAIM, KEEP AND USE YOUR REWARDS' section provides instructions on how to use the gift codes. A 'HELPFUL LINKS' section lists various resources. A 'Send Gift Card Email' pop-up window is also visible.

Start your Health Risk Assessment here.

Find your points and track activities here.

Go here to redeem your rewards.

Click here to connect your device.

| Gift Card Awarded For | Amount | Actions |
|-----------------------|--------|-----------------------------|
| Level 1 | \$25 | DRFY-R49AAJ-K5Y |
| Level 2 | \$25 | MPYR-EBQW8-5Y2V |
| Level 3 | \$25 | Complete Activities to Earn |
| Level 4 | \$25 | Complete Activities to Earn |

| Gift Card Awarded For | Amount | Actions |
|-----------------------|--------|-----------------------------|
| Level 1 | \$25 | VEKD-MZL2BR-D22B |
| Level 2 | \$50 | Complete Activities to Earn |

HEALTH RISK ASSESSMENT

A Health Risk Assessment (HRA) is a health questionnaire used to provide you with an evaluation of your health risks and quality of life. It's based on your personal medical history, nutrition information and stress level. It also helps you better understand what areas you may need to improve.

ENGAGE & EARN

ENGAGEMENT

| Activity | Points |
|---------------------------------|---------|
| Personal Health Risk Assessment | 400 |
| Enter a Food Log | 1 / day |
| Record Your Weight | 1 / day |
| Complete a Wellness Workshop | 50 |

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 |
| Enroll in Wellness Portal Challenges | 200 |

QUARTZ / UW HEALTH / UNITY / PHYSICIANS PLUS / GUNDERSEN HEALTH SPONSORED EVENTS

| | |
|-----------|--------------|
| Run / 5K | 50 / quarter |
| Run / 10K | 50 / quarter |

*Certain plans do not offer Fitness points. Review your portal for up-to-date options and point systems.

PREVENTION

| Activity | Points |
|--|--------|
| Annual Exam - Preventive Health Office Visit | 750 |
| Flu Shot | 500 |
| Vision Exam | 200 |
| Pap Screening | 200 |
| Mammogram Screening | 200 |
| Cervical Cancer Screening | 200 |
| Colorectal Cancer Screening | 200 |
| Immunizations | 200 |
| Lipid Screening | 200 |
| Diabetes Screening | 200 |
| Tobacco Screening | 200 |

HEALTH & WELL-BEING

| Activity | Points |
|--|---------------|
| Massage | 100 / quarter |
| Acupuncture | 100 / quarter |
| Mindfulness Classes | 50 / quarter |
| Nutrition Classes | 50 / quarter |
| Classes at UW Health, UPH-Meriter or Gundersen Health System | 50 / quarter |
| Health Education Classes | 50 / quarter |
| Participate in a Support Group | 50 / quarter |
| Tobacco Cessation Class | 50 / quarter |
| CPR Certification | 100 / year |
| CSA | 400 / year |

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.