



Healthy Starts Now



GET STARTED WITH YOUR BEST YOU!

We're launching 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!

Members participating in the 2017 Fitness First_{SM} & More will continue earning rewards until December 31, 2017.

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

Members age 18 and older can earn \$100 for single plans and \$100 each for member and spouse or domestic partner on family plans.

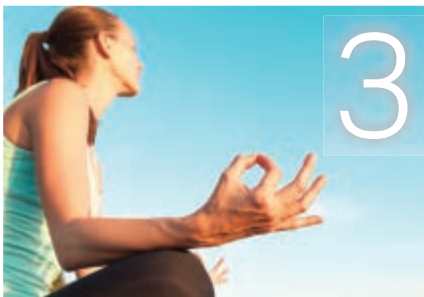
GET STARTED



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 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.
- ▶ Members age 18 and older can earn \$100 for single plans and \$100 each for member and spouse or domestic partner on family plans.

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

WHAT'S ON THE QUARTZ WELL PORTAL



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 and helps you better understand what areas you may need to improve.

ENGAGEMENT

Activity	Points
Personal Health Risk Assessment	400
Enter a food log	1 / day
Record your weight	1 / day
Attend a video 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	100
Run / 10K	100
Community Event	100

*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.