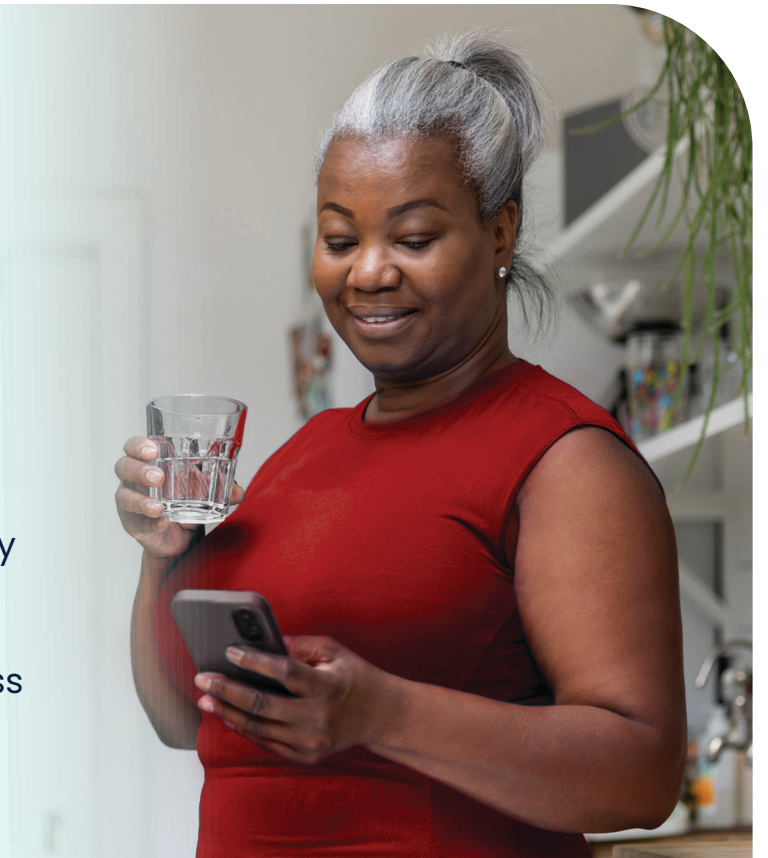




# Get rewarded for well-living

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](https://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](mailto:Support@VirginPulse.com) or visit [Support.VirginPulse.com/QuartzWell](https://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