



Employer Wellness Strategy Planning

Manager of Employer Wellness will work with group to identify goals, measures around population health for the employer population. This assessment/conversations with group will result in an actionable follow up plan for the employer for the employee population. Follow up consultations and planning are provided as needed.

Quartz Well Wellness Program

Quartz members are eligible to participate in Quartz Well, a personalized digital wellness program that is simple, flexible, and rewarding. Quartz Well is designed to reward members for taking care of themselves, regardless of level of well-being. Family plans offer \$100 for the subscriber and \$100 for the subscriber's spouse (or domestic partner). Examples of ways to earn points; health assessment, preventive screenings, fitness tracking and more

- Employer Aggregate Reporting for Quartz Well
- Recommendations to Increase Participation

Data Collection and Analysis

Identify Needs for employees based on results from some of the following methods if appropriate for group

- On Site Biometric Screenings for employer groups
- Health Assessment
- Individual Reporting for Members
- Aggregate Reporting for Employer Groups
- Follow Up Outreach to High Risk Members
- Population Health Report

Quality and Population Health

- Communication Planning Guide
- Mobile Based Apps focused on Back Main Management, Emotional Health & Family Health
- Health Management programs
- Health Coaching
- Webinars or Recorded Lunch and Learns
- On site and Virtual Education
 - Health Fairs
 - Displays
 - Blood Pressure Checks
 - Lunch and Learns
 - Employer Toolkits

Questions: Please contact, Laura Berry, Manager, Employer Wellness Program at 608-471-4763 or laura.berry@quartzbenefits.com