**Employer Email template**

**<Headline A >** **Health Coaching – helping you meet your health and wellness goals**

Trained Health Coaches meet one-on-one with you to discover what motivations, strengths and goals are important to you. Together, you create a plan that cultivates healthy habits and moves you toward your long-term health and wellness goals.

Topics may be based on a health condition like diabetes or hypertension or something that the member wants to improve. Members choose different areas to work on, such as:

* + Healthy Eating
	+ Healthy Weight
	+ Lowering Stress
	+ Staying Active
	+ Quitting Nicotine
	+ Taking Medication

Health Coaching is a benefit of being a Quartz member, at no additional charge. Sign up by visiting [www.quartzbenefits.com/healthcoaching](http://www.quartzbenefits.com/healthcoaching) or, call us at (866) 884-4601 to get started.

This Quartz Health Coaching program is available for Quartz members age 18 and over who have Commercial, BadgerCare Plus, Medicare Advantage, and ASO that have purchased the health coaching option.

**<Headline B >** **Health Coaching – Start today!**

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