

Mobile Apps for Your Well-Being

Quartz's on-the-go tools empower you to take control of your health.

	myStrength	Thrive	MobileBack	Quartz MyChart	Healthy Path
Quartz Apps					
Description	From time to time, we can all use a little extra support for our emotional health and well-being. Turn to myStrength for the tools you need to deal with stress, sleep issues, anxiety, and other common concerns.	Whether you're expecting a baby, enjoying life as a new parent, or caring for a growing family, Thrive makes your life easier, day by day. It includes health to-dos, trackers, and tools for all ages and life stages.	MobileBack helps you prevent and find relief from your back pain. It features easy-to-follow exercises designed by spine physical therapists and in-app coaching to keep you motivated.	Access your membership ID card and view other health insurance information from your mobile device. Securely contact Quartz Customer Service, check on prior authorizations, and more.	Get active, stay active, and stay in touch with how active you are. Connect to Quartz Well ,* take a health risk assessment, and do all kinds of fun and fit things on Healthy Path.
Eligibility	Quartz members ages 13+.	Quartz members ages 13+.	Go to QuartzBenefits.com/mobileback > Sign Up for MobileBack , then follow the prompts to check eligibility.	Members with a Quartz MyChart account. Go to QuartzMyChart.com > Sign Up Now , then follow the prompts.	Members with a Quartz MyChart account. Go to QuartzMyChart.com > Sign Up Now , then follow the prompts.
Get the free app	Search your app store for myStrength . Enter the code Quartz if prompted during account set up.	Search your app store for Thrive by Quartz . Enter the code Quartz if prompted during account set up.	Sign up and answer a few quick questions to see if you're eligible. If yes, you'll be sent a link to download the app.	Search your app store for Quartz MyChart .	Search your app store for Healthy Path . Open the app and type in Quartz .
Learn more	mystrength.com/r/quartz	QuartzBenefits.com/thrive	QuartzBenefits.com/mobileback	QuartzMyChart.com	QuartzBenefits.com/QuartzWellapp

Quartz apps and programming within the apps are available at no cost to participating members. Message and data rates may apply.

*The Quartz Well reward program is not available to all members. Please check your member materials, log in to MyChart to view your benefits, or call Customer Service to verify eligibility. Federal Employee Health Benefits (FEHB) members are not eligible for Quartz Well. Due to overlap with the Well Wisconsin Program, the Quartz Well reward program is not available to State of Wisconsin Group Health Insurance Program members.

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