



The Quartz Well Healthy Path App.

Get active. Stay active.

Stay in touch with how active you are.

THE QUARTZ WELL HEALTHY PATH APP KEEPS YOU MOVING!

Healthy and on-the-go just got easier.

Quartz Well and Healthy Path have teamed up to launch the Quartz Well **Healthy Path** app. Now you can take a more active role in your overall wellness by tracking and managing your health information wherever you go.

Check out all the fun and fit things you can do with the Quartz Well Healthy Path app —

- ▶ Take the **Health Risk Assessment** from your phone or tablet
- ▶ Review **screening results**
- ▶ **Track** your activity
- ▶ And view up-to-date **health and wellness information** at your fingertips!

Questions?

Call Customer Service at **(800) 362-3310**.

Or, email us at

WellnessAdmin@QuartzBenefits.com.



Here's how to get the Quartz Well Healthy Path App —

1. Visit your app store
2. Search **Healthy Path**
3. Download the app
4. Search **Quartz**
5. Log in

