



MEMBERSHIP EXTRAS

PERKS & SAVINGS

Quartz members can save on fitness classes, spa services, hearing aids, glasses, acupuncture, and more!

**Please call the business to confirm their discount is available.
Participating merchants and offers may change at any time.**

PERKS & SAVINGS DISCOUNT PROGRAM

As a Quartz member, you can enjoy discounts on products and services that help make life better.

Just show your Quartz ID card when you visit a participating merchant — it's that easy.

Find discounts by merchant name or browse by type. And start saving!

Perks & Savings is made available as a courtesy to our members. It is not part of your health insurance coverage.

This program is not a contract between Quartz and Perks & Savings participants and may be discontinued or changed at any time without notice.

Quartz does not endorse or make any representations with respect to any participating Perks & Savings vendor.

Perks & Savings participating vendors are not agents or employees of Quartz; Quartz has no liability or responsibility for goods or services received under the Perks & Savings program.

The Perks & Savings program is not available to State of Wisconsin Group Health Insurance Program members.

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ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Dance Life Studio and Fitness	Free four-class punch card.	3725 Seybold Road Madison, WI 53719 (608) 616-9440	info@madisonlifedance.com
Jazzercise Exercise Classes	No joining fee and the first month free with a six or 12 month registration. 60-minute class incorporating cardio, strength, and stretch moves for a total body workout. All ages, levels, and sizes welcome. <ul style="list-style-type: none"> • Beloit Jazzercise • Cambridge Jazzercise • Edgerton Jazzercise • Fort Atkinson Jazzercise • Jefferson Jazzercise • Janesville Jazzercise • Marshall Jazzercise • Madison Jazzercise • Watertown Jazzercise 	<u>Bethesda Lutheran Homes Gym</u> 700 Hoffman Drive Watertown, WI 53098 (262) 719-2389 <u>Cambridge Elem. School Gym</u> 802 W. Water St. Cambridge, WI 53523 (608) 754-8680 <u>Dance Attitudes</u> 10 S. Main St., Rear entrance Janesville, WI 53545 (608) 754-8680 <u>Early Learning Center Gym</u> 369 School St. Marshall, WI 53559 (608) 754-8680 <u>Grinnell Hall</u> 631 Bluff St. Beloit, WI 53511 (608) 754-8680 <u>Immanuel Ev. Lutheran Church</u> 204 N 10th Street Watertown, WI 53098 Janesville 54 S. Jackson Street Janesville, WI 53548 (608) 751-3703 <u>Jefferson City Hall</u> 317 S. Main St. Jefferson, WI 53549 (608) 754-8680 <u>Lake Mills</u> 613 Jefferson Street Lake Mills, WI 53551 (920) 988-3371 <u>Luther Elementary School Gym</u> 205 Park St. Fort Atkinson, WI 53538 (608) 754-8680 <u>Madison</u> 6630 Mineral Point Road (inside the Clock Tower Court) Madison, WI 53705 (608) 609-7602 <u>United Methodist Church</u> 112 Albion St. Edgerton, WI 53534 (608) 754-8680	jazzercise.com
Barre3 Madison	Low impact workout classes Discount: 10% off any class packages (5, 10, 20 class package)	2560 University Ave. Madison, WI 53705 (608) 347-7713	barre3.com

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
BDCH Sports & Fitness Center	Monthly membership discount	803 S. University Ave. At BDCH Rehabilitation Beaver Dam, WI 53916 (920) 887-4114	
CoreActive Therapy, LLC <i>Fitness Training & Specialty Therapy</i>	Receive 10% off any initial visit for Strength & Conditioning or Visceral Mobilization. Receive 10% off any class (e.g. small group fitness, educational seminar)	6300 Enterprise Ln. Suite 302 Madison, WI 53719 (608) 235-3301 (608) 310-6708	coreactivept@gmail.com www.coreactivetherapy.com
Coreography by Caroline	Discount: \$50 off a package of 10 sessions of health coaching or a 6 month weight loss program	3232 University Ave. Madison, WI 53705 (608) 692-1443	coreographybycaroline.com
Digman Fitness	\$100 off your first purchase of a 6-month group training membership	6729 Seybold Rd. Madison, WI 53719 (608) 732-0306	digmanfitness.com
Dustin Maher Fitness <i>Personal Training</i>	Participants receive one time offer and for new bootcampers, a free week of bootcamp / mamatone	madisonbootcamps.com/about-tc/#locations (608) 616-5014	madisonbootcamps.com dustinmaherfitness.com
Elite Recovery Zone <i>Sports Recovery</i>	10 pack of recovery technology sessions for \$150 . We accept HSA and FSA accounts. This can be used by individuals, families or teams. \$10 off initial one on one consultation towards individual body work recovery sessions	44 E. Mifflin St. Madison, WI 53703 (608) 957-7088	eliterecoveryzone.com
Get Fit Health Club	Monthly membership discount	N7156 E Plaza Dr. Beaver Dam, WI 53916 (920) 887-7601	getfithc.com
Great State CrossFit	First week free \$10 off your first month <i>Must show proof of insurance at time of sign up</i>	2500 Rimrock Rd Suite 104 Madison, WI 53713 (608) 338-8016	greatstatecrossfit.com/
Impact Training <i>Personal Training</i>	10% off all packages - PLUS Free Week Trial	1203 W Woodcroft Pkwy Durham, NC 27713 (417) 298-0190	www.impacttraining.co/
Kamps Fitness <i>Fitness Training</i>	Hiit Training Groups Fitness Classes First class free 20% all packages	435 N. Frances St. Madison, WI 53703 (608) 225-9575	kampsfit.com
Orangetheory Fitness Madison <i>Fitness Training</i>	Complimentary session (\$25 value) and eligible for lower rates with a choice of month-to-month membership options.	2501 W. Beltline Highway # 105 Madison, WI 53713 (608) 709-8099	madison.orangetheoryfitness.com
Orangetheory Fitness Madison-West <i>Fitness Training</i>	Complimentary session (\$25 value) and eligible for lower rates with a choice of month-to-month membership options	7803 Mineral Pt. Rd. Madison, WI 53717 (next to FedEx Office) (608) 960-4044	madisonwest.orangetheoryfitness.com/
Princeton Club <i>Fitness Center</i>	6 free months of hydro massage added to the purchased of a 12 or 24 month membership	8080 Watts Rd, Madison, WI 53719 (608) 833-2639	princetonclub.net/

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Pure Barre Madison Hilldale <i>Fitness Training</i>	5% discount on fitness class packages	Pure Barre Madison Hilldale 702 N. Midvale Blvd. Madison, WI 53703 (608) 238-3610	purebarre.com/WI-madison
Serious Fitness <i>Personal Training</i>	10% off any personal training package.	2401 Waltham Road Madison, WI 53711 (608) 438-6306	
The Workout Room	24 hour fitness center with 24 hour tanning and limited classes available. Receive free enrollment and 2 personal introduction classes to our equipment and facility.	22 East Water St. Markesan, WI 53946 (920) 229-3331	theworkoutroom1480.com/
University of Wisconsin - La Crosse; La Crosse Exercise and Health Program	This program focuses on primary and secondary cardiac disease prevention. A wide variety of group exercise classes and a supervised aerobic and strength training facility are offered. \$45 per month with discounted rates available for six and 12 month memberships.	1725 State Street, 221 Mitchell Hall La Crosse, WI 54601 (608) 785-8188	uwlax.edu/center/la-crosse-exercise-and-health/
Wellness Works <i>Exercise, Nutrition and Massage Therapy</i>	Receive 10% discount on exercise and nutrition classes and/or massage therapy.	125 Hospital Drive Watertown, WI 53098 (920) 262-4639	
ATA Madison West <i>Martial Arts Classes</i>	Offering martial arts, self-defense, and child safety classes to people of all abilities, ages 3 years and up. Complimentary first class and 20% off 3-Month Intro Program. Valid for new students only. Not to be combined with any other discounts/ coupons.	5708 Raymond Rd, Suite B Madison, 53711 (608) 212-8473	atamadison.com
Karate America <i>Fitness Classes</i>	Receive one month of unlimited Cardio Kickboxing/Fitness classes or Karate (includes uniform) for only \$9.95. Valid for new students only. Not to be combined with any other discounts/ coupons.	Karate America DeForest 318 N Main Street DeForest, WI 53532 (608) 846-0404 Karate America Lodi 108 Lodi Street Lodi, WI 53555 (608) 592-4800 Karate America Waunakee 1340 Montondon Avenue Waunakee, WI 53597 (608) 849-7526 Karate America Poynette 213 North Main Street Poynette, WI 53955 (608) 592-4800 Karate America Prairie Du Sac 625 Water Street Prairie du Sac, WI 53578 (608) 643-5450	pkaschools.com deforestka.com

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

Vendor	Quartz Member Advantage	Location	Online
Swim Reedsburg <i>Family Fitness Center</i>	<p>Receive 10% discount on the following:</p> <p>Red Cross Training classes: Individuals who would like to become certified or re-certified in CPR, First Aid, a variety of Lifeguard Training classes and CPR and First Aid for the professional including Bloodborne Pathogen Training.</p> <p>Summer Camps: 3 day camps for kids throughout the summer. One will focus on survival skills, boating, camping, some basic first aid skills & swimming. Another will be focused on healthy eating and some fun exercises.</p> <p>Drop-In Rates - Family swim, lap swim, & fitness classes.</p>	<p>E6881 North Dewey Ave. Reedsburg, WI 53959 (608) 524-4555</p>	<p>swimreedsburg.com</p>
Swimwest <i>Family Fitness Center</i>	<p>\$85 Ten Visit Family Swim Punch Pass for \$65</p>	<p>1001 Deming Way Madison, WI 53717 (608) 831-6829</p>	<p>swimwest.com</p>
Dragonfly Hot Yoga <i>Yoga Classes</i>	<p>Introductory offer of one month of unlimited yoga for only \$40. Quartz members receive \$30 off their 2nd month of membership and a 10% discount on class passes.</p>	<p>6227 McKee Road Fitchburg, WI 53719 (608) 274-9642</p> <p>610 Junction Road Madison, WI 53717 (608) 203-9000</p>	<p>dragonflyhotyoga.com</p>
Harbor Wellness Studios <i>Pilates, Yoga and TRX Classes</i>	<p>Save 10% off a 10 class yoga/Pilates/TRX pass at Harbor Wellness Studios</p>	<p>2529 Allen Boulevard Middleton, WI 53562 (608) 821-6501</p>	<p>harborathletic.com</p>
Inner Fire Yoga <i>Yoga Classes</i>	<p>10% off Golden Unlimited Monthly Membership at a rate of \$112.50/month.</p>	<p>5003 University Avenue Madison, WI 53705 (608) 661-0167</p> <p>1813 E. Washington Ave. Madison, WI 53704 (608) 405-5896</p>	<p>info@innerfireyoga.com innerfireyoga.com</p>
Insight Counseling & Wellness <i>Yoga Therapy</i>	<p>50% off initial session of yoga therapy and 20% off further sessions.</p>	<p>2002 Atwood Avenue Suite 217 Madison, WI 53704 (608) 244-4859</p>	<p>insightmadison.com</p>
Mala Yoga <i>Yoga, Wellness</i>	<p>10% off any class package 15% off membership</p>	<p>320 West Broadway Monona, WI 53716 (608) 572-4831</p>	<p>malayogacenter.com</p>
Reedsburg Yoga	<p>First time members receive the first class free and 10% off a purchase of 15 sessions.</p>		
The Studio <i>Yoga Classes</i>	<p>Receive 50% off first month of membership for Yoga.</p>	<p>613 Williamson Street Suite 204A Madison, WI 53703 (608) 712-2269</p>	<p>thestudiomadison.com</p>

ACTIVITIES: Dance, Fitness Training, Martial Arts, Pilates, Swimming, Yoga

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
WI Union Mini Courses <i>Yoga and Pilates Classes</i>	Receive 10% discount on all Yoga and Pilates registrations.	Various locations Madison, WI (608) 262-5759	union.wisc.edu/events-and-activities

Fitness Equipment

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
Monroe Real Training, LLC <i>Fitness Equipment</i>	<p>Receive free delivery on all phone orders for Lifeline USA functional fitness equipment when you purchase through Monroe Real Training.</p> <p>Go to: http://www.lifelineusa.com to view all the products available.</p> <p>Plus, receive 10% off on all purchases of \$149 or more! A free demonstration is also included, by a certified professional personal fitness trainer, on all functional fitness equipment purchases.</p> <p>Free delivery for kettlebells must be within a 45 mile radius of Madison, WI.</p> <p>We provide In-home Personal Fitness Training...we come to you! (Madison, WI area)</p>	462 Water Street Suite 101 Prairie du Sac, WI 53578 Kevin Monroe (608) 235-8258	monroerealtraining.com
Vision Fitness <i>Fitness Equipment</i>	<p>Vision Fitness started as a division of Trek Bicycle Company and has since spun off to become one of the top fitness equipment companies in the U.S. They offer award-winning fitness bikes, treadmills, and elliptical trainers.</p> <p>Receive a 10% discount on all Vision Fitness equipment purchased at 2nd Wind stores in Wisconsin.</p> <p>This discount cannot be combined with any other offer. 2nd Wind is an authorized Vision Fitness retailer.</p>	For the 2nd Wind store nearest you, visit johnsonfit.com/find-a-store	johnsonfit.com/vision-fitness

Nutrition and Weight Loss

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
Coreography by Caroline	Discount: \$50 off a package of 10 sessions of health coaching or a 6 month weight loss program	3232 University Ave. Madison, WI 53705 (608) 692-1443	coreographybycaroline.com
Healthy Women <i>Weight Management</i>	\$50 discount upon enrollment	7617 Mineral Point Rd. Madison, WI 53717 (608) 220-9060	
Thrive Nutrition	Receive \$20 off an initial 60 minute nutrition session. Margaret Wertheim, MS, RDN, CD	6041 Monona Drive Madison, WI 53716 (608) 492-1568	Margaret@thrivenutritionmadison.com
Tracie Fountain Nutrition, LLC <i>Nutrition</i>	Participants get \$100 off an 1.5 hour initial visit session	2275 Deming Way Suite B100 Middleton, WI 53562 (608) 213-2021	traciefountain.com
Wellness Forever <i>Weight Management</i>	Receive one free weight management consultation session after completion of 10 paid weight management consultation sessions	560 Scott Street Oregon, WI 53575 (608) 835-5207	

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
Ahh-mazing Massage LLC <i>Massage</i>	\$10 off for first massage appointment and \$5 off ever massage after.	233 E. Main Street Reedsburg, WI 53959 (815) 623-8900	ahhmazingmassage.massagetherapy.com
A Better Body LLC <i>Massage Therapy</i>	<ul style="list-style-type: none"> \$20 off a 60 minute therapeutic massage for first time clients. \$10 off packages of 4 one hour massage sessions. 	6417 Odana Road Suite 25 Madison, WI 53719 (608) 239-4828	madisonbetterbody.com
A Glo Spa & Salon Co <i>Massage</i>	Discount: 10% off all massages	3023 Milton Ave. Suite 161 Janesville, WI 53545 (608) 741-7848	
Acupuncture Works <i>Acupuncture</i>	Receive a \$10 discount for each of three regular-priced acupuncture treatments every calendar year.	1605 Monroe Street Suite C Madison, WI 53711 Amy P. Crikelair, M.Ac.C.A. (608) 250-2536	acu-works.com
Advance PT & Sports Rehab <i>Massage Therapy</i>	Receive 10% discount for every one hour massage therapy treatment and / or \$2.00 off (or \$8.00 per session) for the use of the Alter-G Anti-gravity treadmill.	1626 North Spring Street Suite B Beaver Dam, WI 53916 (920) 356-0122	karren.ko@advanceptsports.com
Atlas Massage, LLC <i>Massage Therapy</i>	Receive discount price of \$65 for every one hour massage or \$90 for a one and a half hour massage.	715 Hill Street # 242 Madison, WI 53705 (608) 220-5653	atlasmassage.llc@gmail.com
Atwood Acupuncture Center, LLC <i>Acupuncture</i>	20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	111 South First Street Suite 170 Madison, WI 53704 (608) 256-5080	atwoodacupuncture.com
B.E. Hive Salon & Spa <i>Massage Therapy</i>	Receive 10% discount for massage, facials & ion cleanse. <i>Facials & cleanse are not reimbursable under the Fitness First & More Program.</i>	123 E. Milwaukee Street Jefferson, WI 53549 (920) 674-2341	behivehairsalon.com/
Beijing Acupuncture & Chinese Herbal Medicines <i>Acupuncture</i>	\$20 off the initial acupuncture treatment and free consultation.	6255 University Ave. Suite 202 Middleton, WI 53562 (608) 238-3333	
Blossoming Soul Massage, LLC <i>Massage Therapy</i>	Receive 20% off of the current rate for massage on their initial visit and 10% off of subsequent visits. Not to be combined with any other discounts/coupons.	3205 East Washington Ave. Madison, WI 53704 (608) 222-2700 (608) 397-9559	
Bodywork By Missi	\$10 off any massage session	6314 Odana Rd #2b Madison, WI 53719 (located within Avanti Massage) (608) 469-9348	

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
Cara Kowalski, LMT <i>Massage Therapy</i>	\$10 off any regular priced massage.	6401 Odana Road Suite 14 Madison, WI 53719 (608) 513-5633	carakowalski.com
Capital Acupuncture and Therapeutic Massage <i>Accupuncture & Therapeutic Massage</i>	Board-certified acupuncturist/massage therapist with 18 years experience specializing in sports injuries, orthopedics, and neurological issues. 20% discount on first visit and \$5 discount on follow-up visits.	Capital Acupuncture and Therapeutic Massage* 4510 Regent Street, Suite C Madison, WI 53705 (608) 999-0728	capitalacupunctureandmassage.com/
Centre for Health & Well Being <i>Massage & Aromatherapy</i>	CrainoSacral Therapy – 4 sessions for \$300 (\$95 regularly) sessions include aromatherapy Clinical Aromatherapy – \$20 for the first consultation (\$40 regular)	2842 Trail View Drive Verona, WI 53593 Diane Kahler (608) 845-5647	softtissuehealth@aol.com
Chi's Acupuncture & Tui Na Center <i>Acupuncture</i>	Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	1 Odana Rd. Madison, WI 53719 4441 Woodgate Drive Janesville, WI 53546 (608) 661-8866 (608) 770-5334	chi-acupuncture-tuina.20m.com
Creative Touch Bodyworks, LLC <i>Massage Therapy</i>	Receive \$10 off for a first time massage and 10% for all subsequent visits.	4915 Farwell Street McFarland, WI 53558 (608) 877-2850	
Dr. Wang's Acupuncture Clinic <i>Acupuncture</i>	Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	5950 Seminole Centre Court Suite 145 Fitchburg, WI 53711 (608) 957-9677	wanghacu@gmail.com
Dr. Zhou's Acupuncture & Pain Management Clinic <i>Acupuncture and Massage</i>	Receive a 20% discount on initial acupuncture treatment and \$5 discount on follow-up visits.	6425 Normandy Lane Madison, WI 53719 (608) 236-9000	herbalpalace.com
Dow Chiropractic & Acupuncture <i>Acupuncture and Massage Therapy</i>	Receive 25% off initial visits of acupuncture and massage and 10% off subsequent visits of acupuncture and massage.	615 N. Sherman Ave. Suite 22 Madison, WI 53704 (608) 233-3588	dowchiropractic.com
East-West Healing Arts Institute <i>Massage Therapy</i>	Receive a one-hour professional massage with a \$5 discount .	6425 Normandy Lane Madison, 53719 (608) 240-1600	acupressureschool.com

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
Elements Massage <i>Massage Therapy</i>	\$20 off first visit	1950 Cayuga St. Middleton, WI 53562 (608) 669-2584	elementsmassage.com/middletonwi
Elements Massage of Sun Prairie <i>Massage Therapy</i>	\$20 off first visit	The Shoppes at Prairie Lakes 2804 Prairie Lakes Drive Suite 102 Sun Prairie, WI 53590 (608) 834-0214	elementsmassage.com/sun-prairie
Escential Massage <i>Massage Therapy</i>	Receive \$30 off introductory visit for new clients.	6720 Frank Lloyd Wright Madison, WI 53562 Lower level of Frank Lloyd Wright Bldg (608) 712-5077	yourescentialmassage.com
Family Clinic of Natural Medicine <i>Acupuncture</i>	Receive a 20% discount on the initial visit and then \$10 off of following treatments.	4710 E Broadway Suite 190 Madison WI 53716 (608) 222-2700	familynaturalmedicine.com
First Sun Studio <i>Zero Balancing and Massage</i>	Receive a 25% discount on an initial Zero Balancing session and 20% discount on an initial therapeutic massage.	3720 9th Drive Wisconsin Dells, WI 53965 (608) 254-6022	
Genesis Wellness <i>Massage Therapy</i>	Receive a discount of 10% on packages of 5 or more massage sessions.	550 Sunrise Drive Suite 108 Spring Green, WI 53588 (608) 438-8798	
Gentle Tiger Acupuncture LLC <i>Acupuncture and Oriental Medicine</i>	Receive a discount of 10% on your visit and \$3 off each follow up visit. Package sessions are excluded.	6629 University Ave. Suite 101 Middleton, WI 53562 (608) 831-8160	
Gently Down the Stream <i>Acupuncture</i>	Receive \$5.00 off each visit. Not to be combined with other discounts, coupons.	835 Wisconsin Avenue Boscobel, WI 53805 219 W. Maple Street Lancaster, WI 53813 (715) 969-9255	munimumm@spacestar.net
Grandmother Moon Clinic <i>Acupuncture</i>	\$20 off initial acupuncture treatment / visit and \$5 discount on follow-up visits for up to four subsequent visits	608 Water Street Prairie du Sac, WI 53578 and 600 Highland Avenue Madison, WI 53792 (608) 588-4464	
Harmony Acupuncture & Herbal Medicine	20% discount on initial visit and \$5.00 discount on follow-up visits.	3240 University Ave. # 3B Madison, WI 53705 (608) 204-0101	
Healing Point <i>Acupuncture, Herbal Medicine, Diet and Nutrition Counseling</i>	20% off initial consult (normal price \$90) \$5 off return visits.	6320 Monona Dr. Suite 207 Monona, WI 53716 (608) 225-7195	healingpoint-acu.com/

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
Healthy Prelude, LLC <i>Therapeutic Massage Therapy</i>	“Healing With the Bounty of Nature” Offering: Massage Therapy, Cranial Sacral, Deep Tissue, Myofacial Release, Zero Balance, Lymphatic, Yoga, Reiki. 15% off any therapy at the going rate, up to 4 sessions, 10% off any further treatment session.	W9833 Scandinavia Lane Elroy, WI 53929 (608) 462-4010	harmonyacupuncturemadison.com
Indira <i>Spa Services</i>	Receive 10% discount on all spa services each time you visit.	2066 Central Drive Green Bay, WI 54301 (920) 437-7980	indirasalonspa.com
Indulge Spa, LLC <i>Massage Therapy</i>	10% off 60 minute massage treatments.	4339 East Towne Way Madison, WI 53704 (608) 249-7047	indulgespa.net
InnerSparks, LLC <i>Reiki & Life Coaching Services</i>	Receive 10% off Reiki and Life MAPS (Mind At Peace) Individual Programs. InnerSparks, LLC specializes in Integrating Mind, Body and Soul to create a Healthy, Meaningful and Prosperous Life. In-person and phone sessions available.	715 Hill St. Suite 270 Madison, WI 53705 Andrea Kivolowitz, OTR/L, Reiki Master Teacher, Professional Life Coach (608) 516-7087	innersparks.com andrea@innersparks.com
Johnston Integrative Therapy <i>Massage, Myofascial Release Therapy, Cupping, Lymph Drainage</i>	\$10 off of first visit.	128 S Concord Ave. Watertown, WI 53094 (920) 285-8041	johnstonintegrativetherapy.com/
Jude Christensen, LMT <i>Massage</i>	20% off up to five, one hour massages or gift certificates for new or returning clients.	210 S. Water Street Watertown, WI 53094 (262) 203-0230	gentlejude@me.com
Juno Wellness LLC <i>Acupuncture & Massage</i>	15% off 60 minute massages and any acupuncture treatment.	6904 University Avenue Middleton, WI 53562 (608) 234-8667	junowellnesscenter.com/
Unfurl Massage and Wellness <i>Massage Therapy</i>	\$10 off your first massage, \$5 off each one-hour massage following. Also ask about special discounts on wellness coaching programs!	715 Hill Street Suite 270 Madison, WI 53705 (608) 616-0264	unfurlmadison.com info@unfurlmadison.com
Life Kneads Massage <i>Massage Therapy</i>	Receive 10% off your first one hour or longer massage.	2521 Allen Blvd Middleton, WI 53562 (608) 831-8118	lifekneads.com
Lighthouse Healing Massage Therapy LLC <i>Massage Therapy</i>	\$10 off first one hour massage (new customers only), and \$5 off each one hour massage after that.	6441 Enterprise Lane Suite 212B Madison, WI 53719 (608) 216-6761	lighthousehealing.com/

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
Lilly Love <i>Family Massage Therapy</i>	Offering 60 Minutes for \$55 (\$5 off) , 90 Minutes for \$90 (\$15 off) and 120 Minutes for \$115 (\$25 off) when you present your Quartz ID card.	Jennifer Henze, LMT 511 Madison Avenue Fort Atkinson, WI 53538 (262) 473-9982	Lillylovehealth@gmail.com
Lisa Tiedt Therapeutic Massage <i>Massage Therapy</i>	Receive \$10 discount on one regular price one hour massage session. Special package offered at \$275 for five one hour sessions. Session based on individual needs, incorporating relaxation and specific therapeutic techniques.	2158 Atwood Ave. Suite 205 Madison, WI 53704 (608) 669-5363	
Lori Terrill, LMT <i>Massage Services</i>	Save 10% on all massage services.	624 Isadore Street Stevens Point, WI 54481 (715) 204-0146 (715) 342-9355	lori@wifamilywellness.com
Madison Acupuncture & Bodywork <i>Acupuncture, Massage Therapy, Cupping, Supplements, Herbs, Topical Creams</i>	10% off acupuncture visit.	133 S. Butler St. Suite 201 Madison, WI 53703 (608) 213-3664	madisonacupuncturebodywork.com
Madison Area Massage, LLC <i>Massage Therapy</i>	Providing in home and on site massage therapy services. Receive 10% discount to members who receive services.	110 Georgiana Circle Madison, WI 53716 (608) 334-9125	
Madison Physical Therapy and Consulting, LLC <i>Massage Therapy</i>	Quartz members get \$10 off with the purchase of 6 regularly priced visits of: <ul style="list-style-type: none"> • Personal Training • Massage Therapy 	1605 Monroe Street Suite C Madison, WI 53711 (608) 957-7088	madisonptandconsulting.com/
Mary Root, Massage Therapist <i>Therapeutic Massage</i>	Receive 10% off massage sessions.	104 Sunset Avenue Soldiers Grove, WI 54655 (608) 624-5944	
Massage For You <i>Massage Therapy</i>	\$10 off each visit	1940 Cayuga Street Middleton, WI 53562 (608) 658-4329	massageforyou.co massageforu2010@live.com
Massage Therapy at Mile Bluff Medical Center <i>Massage Therapy</i>	\$5.00 off each visit of massage therapy services.	1050 Division St. Mauston, WI 53948 (608) 847-1422	milebluff.com/services/rehabilitation/massage-therapy.html

Massage Therapy, Acupuncture, and Spa Services

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
Massahhge, LLC <i>Relaxation & Therapeutic Massage</i>	Receive a discounted price of \$50 on each customized, one-hour massage, designed for women. Regularly priced at \$80.	4905 Ascot Ln. #3 Madison, WI 53711 Carol Ann Smith, BA, CMT, Nationally Certified Massage Therapist (608) 338-1532	carol_massahhge@yahoo.com
Menomonee Falls Acupuncture Clinic LLC <i>Acupuncture</i>	Receive \$10 off initial assessment & treatment and \$5 off follow up treatments.	N79 W14700 Appleton Ave. Menomonee Falls, WI 53051 (920) 602-7915	acuwebb@yahoo.com
Monroe Street Massage (Joe Orosco, LMT) <i>Massage</i>	Each visit, 10% off massage services including gift cards. (Does not apply to prepaid packages and/or current services that are already discounted.)	1930 Monroe Street 3rd Floor, Suite 368 Madison, WI 53718 (608) 852-5416 Call/text/email for appointments	massagebook.com/biz/monroestreetmassage monroestreetmassage@yahoo.com
Natural Balance Massage Therapy <i>Massage Therapy</i>	Discount: \$10 off first 60 minute massage	506 Crocker Street Mazomanie, WI 53560 (608) 444-6843	naturalbalance.abmp.com/
New Self Renewal Center <i>Massage Therapy</i>	\$55 for one hour massage, discounted price from \$61	6300 Enterprise Ln. Madison, WI 53719 (608) 310-6775 (608) 630-1568	newselfrenewal.com
New U, LLC <i>Mind, Body and Spirit</i>	Free initial consult and a 10% discount for any six or 12 week New U program for individuals and small commQuartz groups.	(608) 212-2154	newutoday.com
Nichole's Massage – Wellness Within <i>Massage Therapy</i>	10% off 60 minute massage	113 S. Main Street Suite 101 Lodi, WI 53555 (608) 206-0356	
Oasis Day Spa <i>Spa Services</i>	Receive 20% discount for a la carte services. Sometimes a luxury, always a lifestyle!	8016 Watts Road Madison, WI 53719 (608) 828-9470	oasisdayspamadison.com
Origins Acupuncture and Wellness <i>Acupuncture</i>	\$20 off initial appointment and \$5-\$15 off for follow up appointments.	524 Oak Street Ste. 8 Baraboo, WI 53913 (503) 956-1363	originsacu.com
Peak Performance Massage <i>Massage</i>	\$15 off first time visit option to sign up for membership at a preferred member rate of \$15 off each additional session	6502 Grand Teton Plaza Suite 101 Madison, WI 53719 (608) 770-2081	ppmassage.com

Massage Therapy, Acupuncture, and Spa Services

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
Prosperity Acupuncture <i>Acupuncture</i>	Receive 20% discount for the initial visit and \$5 off for each follow up visit.	715 Hill Street Suite 230 Madison, WI 53705 (608) 288-1240	prosperityacupuncture@gmail.com
Reach Massage and Bodywork <i>Massage Therapy</i>	\$20 off initial appointment and \$10.00 off all following appointments.	604 Crandall St. Madison, WI 53711 (608) 217-0933	madisonthaimassage.com
Reedsburg Area Therapeutic Spa <i>Massage Therapy</i>	\$15 off any one hour service or longer	146 Railroad St. Reedsburg, WI 53959 (608) 768-7287	reedsburgspa.com ReedsburgSpa@gmail.com
Reedsburg Area Medical Center Massage Therapy	\$5 off a 90, 60, 45 or 30 minute massage or Thai Massage	2000 N. Dewey Avenue Reedsburg, WI 53959 (608) 768-6120	ramhealth.com/our-services/massage
Rejuvenation Spa	Receive a 5% discount on all spa services each time you visit this Aveda Lifestyle Spa and Salon.	7420 Mineral Point Road Madison, WI 53717 (608) 831-SKIN (7546) 2824 Prairie Lakes Drive Sun Prairie, WI 53590 (608) 837-2200	rejuvenationspa.net
ReLeaf Bodywork Therapy LLC <i>Massage Therapy</i>	<ul style="list-style-type: none"> 10% discount on initial 1-1/2 hour session, including consultation and bodywork 10% discount on purchase of 3 bodywork sessions offering craniosacral, neurovascular integration, zero balancing, acupressure, along with movement and self-care instruction 	330 South Whitney Way #111 Madison, WI 53705 (608) 957-1816	ReLeafBodywork.com
Renew You, LLC <i>Massage Therapy</i>	\$15 off first massage and \$10 off for 60 or 90 minute massages.	411 Prairie Heights Drive Verona, WI 53593 (608) 770-7116	
Renewed Spirit Day Spa, LLC	15% off for the first visit. *Not to be combined with other discounts and promotions.	1280 W. Main St., Suite 110 Sun Prairie, WI (608) 852-1373	renewedspiritdayspa.com
Resolution Therapeutic Massage, LLC <i>Massage Therapy</i>	Receive \$10 off first visit and 10% off consecutive visits.	433 West Washington Avenue Madison, WI 53703 (608) 443-7048	resolutionmassage.com andrea@resolutionmassage.com
Roberts Therapeutic Massage <i>Massage Therapy</i>	Receive 10% discount on 30 minute and 60 minute massages.	154 McCrae Road, Fall River, WI 53932 (608) 697-1070	gandtroberts@mag.net

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
RoJene Brown, CMT, LMT Massage Therapy	Receive a first time discount of \$10.00 to new clients on a one hour massage and 10% off on all future massages including current clients.	Located within Luedtke Storm Mackey Chiropractic 204 West Cottage Grove Rd. Cottage Grove, WI 53527 (608) 839-1172 Located within Luedtke Storm Mackey Chiropractic 1633 West Main St. Sun Prairie, WI (608) 837-7712 Located within Columbus CommQuartz Hospital 1515 Park Ave. Columbus, WI 53925 (920) 623-6646	
Sacred Space Studio Massage Services	Participants receive \$20 off every massage. Does not include aromatherapy and hot stones.	2158 Atwood Ave. Suite 207 Madison, WI 53704 (860) 941-2880	
Seventh Heaven Massage Studio Massage Services	Receive: <ul style="list-style-type: none"> • \$49 massage for first time clients • \$10 off second massage • 10% off Hot Stone Therapy and / or \$165 off from membership and wellness program 	5317 Old Middleton Rd. Suite 102 Madison, WI 53705 (608) 358-7242	info@massagetherapy-madison.com
SolEscape Healing Arts Massage Therapy, Acupuncture and Waxing	\$5.00 off one hour or more of Therapeutic/ Relaxation Massage and/or \$5.00 off Acupuncture and/or 10% off waxing. Not to be combined with any other discounts/packages/coupons when you present with your Quartz id card.	2007 Atwood Ave. Madison, WI 53704 (608) 216-9500	solescapehealingarts.com
Studio 262 Salon Spa Services	Deep tissue massages for \$75 an hour (regular priced at \$85) and relaxation massages \$65 (regular priced at \$75).	1620 Deming Way #104 Middleton, WI 53562 (608) 831-4500	studio262salon.com
Synergy Massage and Wellness Acupuncture and Massage Therapy	Receive 25% off initial visits of acupuncture and massage and 10% off subsequent visits of acupuncture and massage	615 N. Sherman Ave. Suite 22 Madison, WI 53704 (608) 233-3588	
The Spa – Sun Prairie Massage Therapy	Get 20% off for any new clients on their initial visit for all spa services and 10% off any following visits for all spa services with vendor. Not valid with other promotions or spafinder.	804 Liberty Blvd., #103 Sun Prairie, WI 53590 (608) 825-4772	general.thespa@gmail.com
Therapeutic Massage by Debra Massage Therapy	Save 15% on massage therapy services.	841 N. Gammon Road Unit F Madison, WI 53717 (608) 209-2439	

Massage Therapy, Acupuncture, and Spa Services

Vendor	Quartz Member Advantage	Location	Online
Unwind Therapeutic Massage <i>Massage Therapy</i>	\$65 one hour massage including hot stone, hot towel and aromatherapy (\$20 value) OR \$220 package of 4 , 60 minute massages; also including hot stone, hot towel and aromatherapy (\$40 value).	6720 Frank Lloyd Wright Ave. Middleton, WI 53562 (608) 616-2727	madisonunwind.com
Verban Massage and Body Therapy <i>Massage Therapy</i>	Receive an initial consultation and 60-minute massage for 10% off regular rate.	700 Rayovac Drive #103 Madison, WI 53711 (608) 338-6259	
Vital Touch, LLC <i>Massage & Acupressure Services</i>	Save 10% on massage services and 15% on acupressure services.	313 Price Place, Suite 1 Madison, WI 53705 <i>Located near Hilldale Mall</i> (608) 335-6777	amtamassage.org/famt/vitaltouch
UW Health Massage & Acupressure Services	Receive 10% discount on exercise and nutrition classes and / or massage therapy.	125 Hospital Drive Watertown, WI 53098 (920) 262-4639	
West Bend Acupuncture <i>Acupuncture</i>	\$10 off initial assessment and treatment \$5 off follow up treatments	128 N. Main St., Suite 201 West Bend, WI 53095 (920) 602-7915	

Hearing and Optical: hearing instruments, contact lenses, and surgery options

Vendor	Quartz Member Advantage	Location	Online
Anderson & Shapiro Eye Care <i>Refractive Eye Surgery</i>	Receive a \$100 discount per eye for refractive surgery. Discount cannot be applied in addition to any other discount program.	1200 John Q. Hammons Dr. Suite 102 Middleton, WI 53717 (608) 827-7705	be2020.com
Associated Hearing Professionals <i>Hearing Aids/ Listening Devices</i>	Save 10% on standard programmable and digital hearing aids, evaluations, and assistive listening devices.	4510 Regent Street Madison, WI 53705 (608) 238-1199	
LasikPlus <i>Laser Vision Services</i>	Save \$800 on LASIK at LasikPlus on a Custom, All Laser Treatment with our Lifetime Advantage Plan.	To find a location, go to lasikplus.com/Quartz/ (877) 965-9090	lasikplus.com/Quartz/
Isthmus Eye Care	Receive 20% off a complete pair of prescription eyewear (frame and lenses). Discount can not be applied in addition to other discounts or insurance.	7601 University Avenue STE 102, Middleton, WI 53562 (608) 831-3366 6012 Gemini Dr. Madison, WI 53718 (608) 249-5548	isthmuseye.com/
Olson Eye Care <i>Laser Vision Services</i>	\$100 off a complete pair of prescription eyewear with no-glare lenses.	462 Commerce Drive Suite A Madison, WI 53719 (608) 833-0062	
Shopko Optical	20% off on eyeglasses (cannot be combined with any other discount, promotion or insurance) when you present with your Quartz ID card.		shopko.com/eye-care/ shopko.com
TruHearing <i>Hearing Instruments</i>	Receive a discount from TruHearing on mid-to-high-level digital hearing instruments and basic level hearing instruments. Prices vary based on the type of hearing instrument.	To find a TruHearing provider, visit truhearing.com (800) 687.4574 (877) 396.7190	truhearing.com/
Ulla Eyewear <i>Eyeglass Frames & Lenses</i>	10% off your purchase of a complete pair of eyeglasses. Can't be combined with other discounts or promotions.	Hilldale Shopping Center 562 N. Midvale Blvd. Madison, WI 53705 (608) 231.3937	ullaeyewear.com

Hearing and Optical: hearing instruments, contact lenses, and surgery options

Vendor	Quartz Member Advantage	Location	Online
UW Health Optical Shops <i>Eyeglass Frames & Lenses</i>	UW Medical Foundation offers Quartz members a 15% discount off any eyeglass lenses and eyeglass frames. Does not apply to contact lenses.	780 Regent St. Suite 306 Madison, WI 53715 (608) 251-7286 2880 University Ave. Madison, WI 53705 (608) 263-7480 451 Junction Rd Madison, WI 53717 (608) 265-7731 5249 East Terrace Dr. Madison, WI 53718 (608) 265-1203 2349 Deming Way Suite 200 Middleton, WI 53562 (608) 824-3930	uwhealth.org/eyecare/uw-health-optical-shops/12457
UW Health Refractive Surgery <i>Refractive Surgery Services</i>	UW Health offers Quartz members a flat discount of \$100 discount per eye for IntraLASIK Refractive Surgery services. This discount does not extend beyond the first year's worth of post-operative exams and does not apply to enhancements or co-management fees to other optometrists.	2418 Crossroads Drive Madison, WI 53718 (608) 265-2020	
Wisconsin Vision <i>Optical. Eye Examinations, Eye Glasses, Contact Lenses</i>	25% off frame, 20% off eyeglass lenses. Free sunglasses from select collection with a year supply of contact lenses.	16800 W. Cleveland Ave New Berlin, WI 53151 (920) 342-9921	wisconsinvision.com

Fertility Care

Vendor	Quartz Member Advantage	Location	Online
Generations Fertility Care	Discount: Applies to any GFC IVF or Donor IVF Cycle Package. Total discount is \$500.	2365 Deming Way Middleton, WI 53563 (608) 826-6706	uwhealth.org/infertility/reproductive-endocrinology-and-infertility/14380

Other Services and Products

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
American Baby Magazine Subscription	Receive a complimentary subscription to the monthly magazine and/or the weekly e-mail newsletter, which is tailored to your stage in pregnancy or your child’s age. Go to parents.com/american-baby-magazine/ to subscribe.		parents.com/american-baby-magazine/
American Lung Association® Smoking Cessation	Receive a 30% discount on the rate that is offered to the general public for American Lung’s Freedom from Smoking, smoking cessation program. This program provides a self-help manual and a relaxation/stress management CD. The self-help manual includes a quitting calendar and easy-to-use records to help people get to know their own habits. To obtain your copy, please call (800) LUNG-USA.		lung.org
Dreams Can Become Reality Hypnosis <i>Mind, Body and Spirit</i>	10% off services.	6033 Monona Drive Monona WI 53716 and 1010 N. Bird Street Sun Prairie, WI 53590 (608) 469-5538	
Healing Touch LLC – Wellness Within	10% off 60 minute Reiki	113 S. Main Street, Ste 101 Lodi, WI 53555 (608) 592-4242	
Madison PT & Consulting	Dry Needling, Myofascial Release, Cupping, Joint mobilization, Sports Assessments, Personal Training \$10 off Initial Consultation Dry needling sessions for \$55	44 E. Mifflin St. Madison, WI 53703 (608) 957-7088	madisonptanconsulting.com
Mindful Connection, LLC <i>Mind, Body and Spirit</i>	\$25 discount when enrolling in the Associated Physician’s – Mindful Connection, LLC – Mindfulness Based Stress Reduction Course	Senior Center 3330 W. Mifflin Street Madison, WI 53703 (608) 658-5193	scottandersen@tds.net
Myofascial Therapy <i>Facial Therapy</i>	Receive 10% discount for services on each visit.	602 Corner Street Lodi, WI 53555 (608) 592-7861	
Safe Beginnings® <i>Childproofing, Baby Care & Home Safety</i>	Save 20% on the largest selection of childproofing products, baby care items and general home safety products. Visit www.safebeginnings.com to see their expansive selection. You will find safety gates, outlet covers, developmental toys, fire escape ladders, carbon monoxide detectors, first aid kits, and more! When placing an order, identify yourself as a Quartz member with code ‘UHI’, under Group Sales or call 800.598.8911 to request a free catalog.	(800) 598-8911	safebeginnings.com <i>Some exclusions may apply. Discount cannot be combined with any other offer and is not valid for prior purchases.</i>