

# HEALTH COACHING



## HOW DOES HEALTH COACHING WORK?

Start with a phone call to identify your goals, reasons for wanting to make a change and your readiness to change. The follow-up three to six private calls are scheduled about every two to four weeks. This helps you stay on track and inspired to move toward your personal wellness goals.

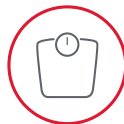
## HOW DO I SIGN UP?

Contact us if you are an eligible Quartz member age 18 and older and want to improve your health. To sign up or learn more, please visit [QuartzBenefits.com/healthcoaching](https://www.QuartzBenefits.com/healthcoaching) or call (866) 884-4601.

Choose different areas to work on, such as –



Healthy eating



Healthy weight



Lowering stress



Staying active



Quitting tobacco

Are you thinking about making a health change? Teaming up with a health coach can help you reach your personal health and wellness goals. Quartz offers health coaching at no cost to help members reach their health and wellness goals.

Quartz complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Spanish** – ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de ayuda con el idioma. Llame al (800) 362-3310, TTY / TDD: 711 / (800) 877-8973.

**Russian** – Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните (800) 362-3310, TTY / TDD: 711 / (800) 877-8973.

**Hmong** – LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau (800) 362-3310, TTY / TDD: 711 / (800) 877-8973.

UH01347 (0519)

# Quartz

[QuartzBenefits.com](https://www.QuartzBenefits.com)  
Customer Service: (800) 362-3310