

A healthy heart is a happy heart

Take control of your heart health



Your journey to a long and happy life begins with taking care of your heart. With Quartz by your side, you have access to **Quartz In-Control**, a free* program to help control and manage your heart health.

About the program

Quartz In-Control makes it easy. There are no apps to download or websites to log in to. Instead, everything is recorded and communicated via phone or text message – right in the comfort and convenience of your home.

How it works

- **Take control of your heart health:** Track your numbers over automated text messages or phone calls. (If you have high blood pressure, we can provide a blood pressure cuff, if needed.)
- **Share your numbers:** Depending on your numbers, someone from Quartz In-Control may reach out to connect and discuss helpful care options.
- **Set your mind at ease:** You will get personalized support via phone or text when you need a little extra attention.

To check your eligibility or enroll, visit bit.ly/qrtz-m2 or call (833) 686-5338. Once enrolled, an enrollment coordinator will contact you to get started.

We're here to help

For questions about your benefits and coverage, please call Customer Success at (800) 362-3310, Monday – Thursday, 7 a.m. – 6 p.m., or Friday, 7 a.m. – 5 p.m.

*Costs may be associated with necessary medical equipment.

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