



QUARTZ DISCOUNTS

# PERKS & SAVINGS<sup>SM</sup>

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Use your Quartz ID card to get discounts for fitness classes, yoga sessions, hearing aids, glasses, massage therapists, acupuncture and more!

PERKS & SAVINGS<sub>SM</sub>

DISCOUNT PROGRAM

Your Quartz ID card is also a discount card at the businesses listed in this document! Just find the business by name, or go to the sections listed in order below:

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Just show your Quartz ID card to receive the discounts listed. It's that easy. No enrollment is needed!

More stores and clubs are joining Perks & Savings every month. Be sure to check back often.

*\*This program may be discontinued or amended at any time without notice. Quartz does not endorse or make any representations with respect to any participating vendor in the Perks & Savings program. 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 made available as a courtesy to our members and it is not part of your health insurance coverage. This program is not a contract between Quartz and participants and may be discontinued or changed at any time without notice.*

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

Vendor	Quartz Member Advantage	Location	Online
<b>Dance Life Studio and Fitness</b>	Free four-class punch card.	3725 Seybold Road Madison, WI 53719 <b>608.616.9440</b>	<a href="mailto:info@madisonlifedance.com">info@madisonlifedance.com</a>
<b>Jazzercise Exercise Classes</b>	<b>No joining fee and the first month free</b> 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"> <li>• Beloit Jazzercise</li> <li>• Cambridge Jazzercise</li> <li>• Edgerton Jazzercise</li> <li>• Fort Atkinson Jazzercise</li> <li>• Jefferson Jazzercise</li> <li>• Janesville Jazzercise</li> <li>• Marshall Jazzercise</li> <li>• Madison Jazzercise</li> <li>• Watertown Jazzercise</li> </ul>	<u>Bethesda Lutheran Homes Gym</u> 700 Hoffman Drive Watertown, WI 53098 <b>262.719.2389</b>  <u>Cambridge Elem. School Gym</u> 802 W. Water St. Cambridge, WI 53523 <b>608.754.8680</b>  <u>Dance Attitudes</u> 10 S. Main St., Rear entrance Janesville, WI 53545 <b>608.754.8680</b>  <u>Early Learning Center Gym</u> 369 School St. Marshall, WI 53559 <b>608.754.8680</b>  <u>Grinnell Hall</u> 631 Bluff St. Beloit, WI 53511 <b>608.754.8680</b>  <u>Immanuel Ev. Lutheran Church</u> 204 N 10th Street Watertown, WI 53098  <u>Janesville</u> 54 S. Jackson Street Janesville, WI 53548 <b>608.751.3703</b>  <u>Jefferson City Hall</u> 317 S. Main St. Jefferson, WI 53549 <b>608.754.8680</b>  <u>Lake Mills</u> 613 Jefferson Street Lake Mills, WI 53551 <b>920.988.3371</b>  <u>Luther Elementary School Gym</u> 205 Park St. Fort Atkinson, WI 53538 <b>608.754.8680</b>  <u>Madison</u> 6630 Mineral Point Road (inside the Clock Tower Court) Madison, WI 53705 <b>608-609-7602</b>  <u>United Methodist Church</u> 112 Albion St. Edgerton, WI 53534 <b>608.754.8680</b>	

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

Vendor	Quartz Member Advantage	Location	Online
<b>Barre3 Madison</b>	Low impact workout classes <b>Discount: 10% off any class packages</b> (5, 10, 20 class package)	2560 University Avenue Madison, WI 53705 <b>608.347.7713</b>	<a href="http://barre3.com">barre3.com</a>
<b>CoreActive Therapy, LLC</b> <i>Fitness Training &amp; Specialty Therapy</i>	<b>Receive 10% off any initial visit</b> for Strength & Conditioning or Visceral Mobilization. <b>Receive 10% off any class</b> (e.g. small group fitness, educational seminar)	6300 Enterprise Lane Suite 302 Madison, WI 53719 <b>608.235.3301</b> <b>608.310.6708</b>	<a href="mailto:coreactivept@gmail.com">coreactivept@gmail.com</a> <a href="http://www.coreactivetherapy.com">www.coreactivetherapy.com</a>
<b>Coreography by Caroline</b>	<b>Discount: \$50 off a package of 10 sessions of health coaching or a 6 month weight loss program</b>	3232 University Ave. Madison, WI 53705 <b>608.692.1443</b>	<a href="http://coreographybycaroline.com">coreographybycaroline.com</a>
<b>Digman Fitness</b>	<b>\$100 off your first purchase of a 6-month group training membership</b>	6729 Seybold Rd. Madison, WI 53719 <b>608.732.0306</b>	<a href="http://digmanfitness.com">digmanfitness.com</a>
<b>Dustin Maher Fitness</b> <i>Personal Training</i>	Participants receive one time offer and for <b>new bootcampers, a free week of bootcamp/mamatone.</b>	For a list of locations, please go to: <a href="http://madisonbootcamps.com/about-tc/#locations">madisonbootcamps.com/about-tc/#locations</a> <b>608.616.5014</b>	<a href="http://madisonbootcamps.com">madisonbootcamps.com</a> <a href="http://dustinmaherfitness.com">dustinmaherfitness.com</a>
<b>Kamps Fitness</b> <i>Fitness Training</i>	Hiit Training Groups Fitness Classes <b>First Class Free 20% all packages</b>	435 N. Frances St. Madison, WI 53703 <b>608.225.9575</b>	<a href="http://kampsfit.com">kampsfit.com</a>
<b>Orangetheory Fitness Madison</b> <i>Fitness Training</i>	<b>Complimentary session (\$25 value) and eligible for lower rates with a choice of month-to-month membership options.</b>	2501 W. Beltline Highway # 105 Madison, WI 53713 <b>608.709.8099</b>	<a href="http://madison.orangetheoryfitness.com">madison.orangetheoryfitness.com</a>
<b>Orangetheory Fitness Madison-West</b> <i>Fitness Training</i>	<b>Complimentary session (\$25 value) and eligible for lower rates with a choice of month-to-month membership options</b>	7803 Mineral Pt. Rd. (next to FedEx Office) Madison, WI 53717 <b>608.960.4044</b>	<a href="http://madisonwest.orangetheoryfitness.com/">madisonwest.orangetheoryfitness.com/</a>
<b>Pure Barre Madison Hilldale</b> <i>Fitness Training</i>	<b>Discount: 15% discount on fitness class packages</b>	Pure Barre Madison Hilldale 702 N. Midvale Blvd. Madison, WI 53703 <b>608.238.3610</b>	<a href="http://purebarre.com/WI-madison">purebarre.com/WI-madison</a>
<b>Serious Fitness</b> <i>Personal Training</i>	Receive <b>10% off any personal training</b> package.	2401 Waltham Road Madison, WI 53711 <b>608.438.6306</b>	
<b>Wellness Works</b> <i>Exercise, Nutrition and Massage Therapy</i>	<b>Receive 10% discount on exercise and nutrition classes and/or massage therapy.</b>	125 Hospital Drive Watertown, WI 53098 <b>920.262.4639</b>	
<b>ATA Madison West</b> <i>Martial Arts Classes</i>	Offering martial arts, self-defense, and child safety classes to people of all abilities, ages 3 years and up. <b>Complimentary first class and 20% off 3-Month Intro Program.</b>  Valid for new students only. Not to be combined with any other discounts / coupons.	5708 Raymond Rd, Suite B Madison, WI 53711 <b>608.212.8473</b>	<a href="http://atamadison.com">atamadison.com</a>

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

Vendor	Quartz Member Advantage	Location	Online
<b>Karate America</b> <i>Fitness Classes</i>	<b>Receive one month of unlimited Cardio Kickboxing/Fitness classes or Karate (includes uniform) for only \$9.95.</b>  Valid for new students only. Not to be combined with any other discounts/coupons.	Karate America DeForest 318 N Main St, <b>608.846.0404</b>  Karate America Lodi 108 Lodi Street Lodi, WI 53555 <b>608.592.4800</b>  Karate America Waunakee 1340 Montondon Avenue Waunakee, WI 53597 <b>608.849.7526</b>  Karate America Poynette 213 North Main Street, Poynette, WI 53955 <b>608.592.4800</b>  Karate America Prairie Du Sac 625 Water Street Prairie du Sac, WI 53578 <b>608.643.5450</b>	<a href="http://pkaschools.com">pkaschools.com</a> <a href="http://deforestka.com">deforestka.com</a>
<b>WI Union Mini Courses</b> <i>Pilates &amp; Yoga Classes</i>	<b>Receive 10% discount on all Yoga and Pilates registrations.</b>	Various locations, Madison, WI <b>608.262.5759</b>	<a href="http://union.wisc.edu/events-and-activities">union.wisc.edu/events-and-activities</a>
<b>Swim Reedsburg</b> <i>Family Fitness Center</i>	<b>Receive 10% discount on the following:</b>  <b>Red Cross Training classes:</b> 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.  <b>Summer Camps:</b> 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.  Drop-In Rates - Family swim, lap swim, & fitness classes.	E6881 North Dewey Avenue Reedsburg, WI 53959 <b>608.524.4555</b>	<a href="http://swimreedsburg.com">swimreedsburg.com</a>
<b>Swimwest</b> <i>Family Fitness Center</i>	<b>\$85 Ten Visit Family Swim Punch Pass for \$65</b>	1001 Deming Way Madison, WI 53717 <b>608.831.6829</b>	<a href="http://swimwest.com">swimwest.com</a>
<b>Bliss Flow Yoga &amp; Wellness Center</b> <i>Yoga Classes</i>	<b>Receive 10% off the total purchase of an annual membership.</b>	3527 University Avenue, Madison, WI 53705 <b>608.273.3569</b>	<a href="http://blissflowyoga.com">blissflowyoga.com</a>
<b>Dragonfly Hot Yoga</b> <i>Yoga Classes</i>	<b>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.</b>	6227 McKee Road Fitchburg, WI 53719 <b>608.274.9642</b>  610 Junction Road Madison, WI 53717 <b>608.203.9000</b>	<a href="http://dragonflyhotyoga.com">dragonflyhotyoga.com</a>

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

Vendor	Quartz Member Advantage	Location	Online
<b>Harbor Wellness Studios</b> <i>Pilates, Yoga and TRX Classes</i>	Save 10% off a 10 class yoga/Pilates/TRX pass at Harbor Wellness Studios	2529 Allen Boulevard Middleton, WI 53562 <b>608.821.6501</b>	<a href="http://harborathletic.com">harborathletic.com</a>
<b>Humble Yoga</b> <i>Yoga Classes</i>	Discounts: 50% off first month of unlimited yoga (Savings of \$47.50)	412 Water Street Prairie du Sac Wisconsin 53578 <b>608.354.9155</b>	<a href="http://humbleyogallc.com">humbleyogallc.com</a>
<b>Inner Fire Yoga</b> <i>Yoga Classes</i>	Inner Fire Yoga offers a variety of yoga styles including: Inner Flow Yoga, Power Flow Yoga, Hot Yoga, Core Fire Yoga and Yin Yoga.  Quartz members can receive a special introductory offer of a month of unlimited yoga for \$30 as well as receive Inner Fire's discounted rates. Quartz members must request discounted rate.	5003 University Avenue, Madison, WI 53705 <b>608.661.0167</b>	<a href="mailto:info@innerfireyoga.com">info@innerfireyoga.com</a> <a href="http://innerfireyoga.com">innerfireyoga.com</a>
<b>Insight Counseling &amp; Wellness</b> <i>Yoga Therapy</i>	50% off initial session of yoga therapy and 20% off further sessions.	2002 Atwood Avenue Suite 217 Madison, WI 53704 <b>608.244.4859</b>	<a href="http://insightmadison.com">insightmadison.com</a>
<b>Monona Yoga Center</b> <i>Yoga, Wellness</i>	10% off any class package 15% off membership	320 West Broadway Monona, WI 53716 <b>608.572.4831</b>	<a href="http://mononayoga.com">mononayoga.com</a>
<b>Sapphire Yoga &amp; Wellness</b> <i>Yoga Studio</i>	Receive 10% off a 10 class pass.	202 S. Century Avenue Waunakee, WI 53597 <b>608.655.9000</b>	<a href="http://waunakeeyoga.com">waunakeeyoga.com</a>
<b>The Studio</b> <i>Yoga Classes</i>	Receive 50% off first month of membership for Yoga.	613 Williamson Street Suite 204A Madison, WI 53703 <b>608.712.2269</b>	<a href="http://thestudiomadison.com">thestudiomadison.com</a>
<b>WI Union Mini Courses</b> <i>Yoga and Pilates Classes</i>	Receive 10% discount on all Yoga and Pilates registrations.	Various locations Madison, WI <b>608.262.5759</b>	<a href="http://union.wisc.edu/events-and-activities">union.wisc.edu/events-and-activities</a>

Fertility Care

Vendor	Quartz Member Advantage	Location	Online
<b>Generations Fertility Care</b>	Discount: Applies to any GFC IVF or Donor IVF Cycle Package. Total discount is \$500.	2365 Deming Way Middleton, WI 53563 <b>608.826.6706</b>	<a href="http://uwhealth.org/infertility/reproductive-endocrinology-and-infertility/14380">uwhealth.org/infertility/reproductive-endocrinology-and-infertility/14380</a>

Fitness Equipment

Vendor	Quartz Member Advantage	Location	Online
<b>Monroe Real Training, LLC</b> <i>Fitness Equipment</i>	Receive free delivery on all phone orders for Lifeline USA functional fitness equipment when you purchase through Monroe Real Training.  Go to: <a href="http://www.lifelineusa.com">http://www.lifelineusa.com</a> to view all the products available.  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.  Free delivery for kettlebells must be within a 45 mile radius of Madison, WI.  We provide In-home Personal Fitness Training...we come to you! (Madison, WI area)	462 Water Street Suite 101 Prairie du Sac, WI 53578 Kevin Monroe <b>608.235.8258</b>	<a href="http://monroerealtraining.com">monroerealtraining.com</a>
<b>Vision Fitness</b> <i>Fitness Equipment</i>	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.  Receive a 10% discount on all Vision Fitness equipment purchased at 2nd Wind stores in Wisconsin.  This discount cannot be combined with any other offer. 2nd Wind is an authorized Vision Fitness retailer.	For the 2nd Wind store nearest you, visit <a href="http://johnsonfit.com/find-a-store">johnsonfit.com/find-a-store</a>	<a href="http://johnsonfit.com/vision-fitness">johnsonfit.com/vision-fitness</a>

**Nutrition & Weight Loss**

Vendor	Quartz Member Advantage	Location	Online
<b>Coreography by Caroline</b>	Discount: \$50 off a package of 10 sessions of health coaching or a 6 month weight loss program	3232 University Ave. Madison, WI 53705 <b>608.692.1443</b>	<a href="http://coreographybycaroline.com">coreographybycaroline.com</a>
<b>Thrive Nutrition</b>	Receive \$20 of an initial 60 minute nutrition session.	Margaret Wertheim, MS, RDN, CD 6041 Monona Drive Madison, WI 53716 <b>608.492.1568</b>	<a href="mailto:Margaret@thrivenutritionmadison.com">Margaret@thrivenutritionmadison.com</a>
<b>Tracie Fountain Nutrition, LLC</b> <i>Nutrition</i>	Participants get \$100 off an 1.5 hour initial visit session	2275 Deming Way Suite B100 Middleton, WI 53562 <b>608.213.2021</b>	<a href="http://traciefountain.com">traciefountain.com</a>
<b>Wellness Forever</b> <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 <b>608.835.5207</b>	

**Massage Therapy, Acupuncture & Spa Services**

Vendor	Quartz Member Advantage	Location	Online
<b>Ahh-mazing Massage LLC</b>	\$10 off for first massage appointment and \$5 off ever massage after.	233 E. Main Street Reedsburg, WI 53959 <b>815.623.8900</b>	<a href="http://ahhmazingmassage.massagetherapy.com">ahhmazingmassage.massagetherapy.com</a>
<b>A Better Body Massage</b> <i>Massage Therapy</i>	<ul style="list-style-type: none"> <li>\$30 off a 60 minute therapeutic massage for first time clients</li> <li>\$20 off packages of 4 one hour massage sessions.</li> </ul>	6417 Odana Road Suite 25 Madison, WI 53719 <b>608.239.4828</b>	<a href="https://facebook.com/BetterBodyMassage">facebook.com/BetterBodyMassage</a>
<b>A Glo Spa &amp; Salon Co</b> <i>Massage</i>	Discount: 10% off all Massages	3023 Milton Ave., Suite 161 Janesville, WI 53545 <b>608.741.7848</b>	
<b>Acupuncture Works</b> <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. <b>608.250.2536</b>	<a href="http://acu-works.com">acu-works.com</a>
<b>Advance PT &amp; Sports Rehab</b> <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 <b>920.356.0122</b>	<a href="mailto:karren.ko@advanceptsports.com">karren.ko@advanceptsports.com</a>
<b>Atlas Massage, LLC</b> <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 <b>608.220.5653</b>	<a href="mailto:atlasmassage.llc@gmail.com">atlasmassage.llc@gmail.com</a>
<b>Atwood Acupuncture Center, LLC</b> <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 <b>608.256.5080</b>	<a href="http://atwoodacupuncture.com">atwoodacupuncture.com</a>
<b>B.E. Hive Salon &amp; Spa</b> <i>Massage Therapy</i>	Receive 10% discount for massage, facials & ion cleanse. <i>Facials &amp; cleanse are not reimbursable under the Fitness First &amp; More Program.</i>	123 E. Milwaukee Street Jefferson, WI 53549 <b>920.674.2341</b>	<a href="http://behivehairsalon.com/">behivehairsalon.com/</a>
<b>Beijing Acupuncture &amp; Chinese Herbal Medicines</b> <i>Acupuncture</i>	\$20 off the initial acupuncture treatment and free consultation.	6255 University Ave. Suite 202 Middleton, WI 53562 <b>608.238.3333</b>	
<b>Blossoming Soul Massage, LLC</b> <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 Avenue Madison, WI 53704 <b>608.222.2700</b> <b>608.397.9559</b>	
<b>Cara Kowalski, LMT</b> <i>Massage Therapy</i>	\$10 off any regular priced massage.	6401 Odana Road Suite 14 Madison, WI 53719 <b>608.513.5633</b>	<a href="http://carakowalski.com">carakowalski.com</a>

*Massage Therapy, Acupuncture & Spa Services*

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
<b>Capital Acupuncture and Therapeutic Massage</b> <i>Acupuncture &amp; Therapeutic Massage</i>	Board-certified acupuncturist/massage therapist with 18 years experience specializing in sports injuries, orthopedics, and neurological issues. <b>20% discount on first visit and \$5 discount on follow-up visits.</b>	Capital Acupuncture and Therapeutic Massage* 4510 Regent Street, Suite C Madison, WI 53705 <b>608.999.0728</b>	<a href="http://capitalacupunctureandmassage.com/">capitalacupunctureandmassage.com/</a>
<b>Centre for Health &amp; Well Being</b> <i>Massage &amp; Aromatherapy</i>	CrainoSacral Therapy – <b>4 sessions for \$300</b> (\$95 regularly) sessions include aromatherapy Clinical Aromatherapy – <b>\$20 for the first consultation</b> (\$40 regular)	2842 Trail View Drive Verona, WI 53593 Diane Kahler <b>608.845.5647</b>	<a href="mailto:softtissuehealth@aol.com">softtissuehealth@aol.com</a>
<b>Chi's Acupuncture &amp; Tui Na Center</b> <i>Acupuncture</i>	Receive a <b>20% discount</b> on initial acupuncture treatment and <b>\$5 discount</b> on follow-up visits.	1 Odana Rd Madison, WI 53719 4441 Woodgate Drive Janesville, WI 53546 <b>608.661.8866</b> <b>608.770.5334</b>	<a href="http://chi-acupuncture-tuina.20m.com">chi-acupuncture-tuina.20m.com</a>
<b>Create Thrive Grow</b> <i>Massage Therapy</i>	Massage Therapy discounts – • <b>\$15 off first session</b> (regularly \$ 70 for 1 hour and \$ 90 for 1.5 hr) • <b>\$5 off each session</b> when you purchase a package of 5 massages • <b>\$10 off each session</b> when you purchase a package of 10 massages	5055 Marathon Drive Madison, WI 53705 <b>608.233.8569</b>	<a href="http://CreateThriveGrow.com">CreateThriveGrow.com</a>
<b>Creative Touch Bodyworks, LLC</b> <i>Massage Therapy</i>	Receive <b>\$10 off</b> for a first time massage and 10% for all subsequent visits.	4915 Farwell Street, McFarland, WI 53558  <b>608.877.2850</b>	
<b>Dane County Family Acupuncture</b> <i>Acupuncture</i>	Receive <b>\$10 off</b> of your initial consultation and treatment, <b>plus \$5 off</b> of follow-up treatments.	6041 Monona Drive Suite 101 Monona, WI 53716 <b>608.222.0250</b>	
<b>Dr. Wang's Acupuncture Clinic</b> <i>Acupuncture</i>	Receive a <b>20% discount</b> on initial acupuncture treatment and <b>\$5 discount</b> on follow-up visits.	5950 Seminole Centre Court Suite 145 Fitchburg, WI 53711 <b>608.957.9677</b>	<a href="mailto:wanghacu@gmail.com">wanghacu@gmail.com</a>
<b>Dr. Zhou's Acupuncture &amp; Pain Management Clinic</b> <i>Acupuncture and Massage</i>	Receive a <b>20% discount</b> on initial acupuncture treatment and <b>\$5 discount</b> on follow-up visits.	<b>6425 Normandy Lane, Madison, WI 53719</b> <b>608.236.9000</b>	<a href="http://herbalpalace.com">herbalpalace.com</a>
<b>Dow Chiropractic &amp; Acupuncture</b> <i>Acupuncture and Massage Therapy</i>	Receive <b>25% off</b> initial visits of acupuncture and massage and <b>10% off</b> subsequent visits of acupuncture and massage.	615 N. Sherman Avel Suite 22 Madison, WI 53704 <b>608.233.3588</b>	<a href="http://dowchiropractic.com">dowchiropractic.com</a>

*Massage Therapy, Acupuncture & Spa Services*

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
<b>East-West Healing Arts Institute</b> <i>Massage Therapy</i>	Receive a one-hour professional massage with a <b>\$5 discount.</b>	6425 Normandy Lane Madison, 53719 <b>608.240.1600</b>	<a href="http://acupressureschool.com">acupressureschool.com</a>
<b>Elements Massage</b> <i>Massage Therapy</i>	<b>\$20 off first visit</b>	1950 Cayuga St. Middleton, WI 53562 <b>608.669.2584</b>	<a href="http://elementsmassage.com/middletonwi">elementsmassage.com/middletonwi</a>
<b>Elements Massage of Sun Prairie</b> <i>Massage Therapy</i>	<b>\$20 off first visit</b>	The Shoppes at Prairie Lakes 2804 Prairie Lakes Drive, Suite 102 Sun Prairie, WI 53590 <b>(608) 834-0214</b>	<a href="http://elementsmassage.com/sun-prairie">elementsmassage.com/sun-prairie</a>
<b>Essential Massage</b> <i>Massage Therapy</i>	Receive <b>\$30 Off</b> introductory visit <b>\$30 Off</b> a package of 4/60 minute sessions.	Lower level of Frank Lloyd Wright Bldg at 6720 Frank Lloyd Wright, Madison, WI 53562 <b>608.712.5077</b>	<a href="http://yoursessentialmassage.com">yoursessentialmassage.com</a>
<b>Family Clinic of Natural Medicine</b> <i>Acupuncture</i>	Receive a <b>20% discount</b> on the initial visit and then <b>\$10 off</b> of following treatments.	4710 E Broadway Suite 190 Madison WI 53716 <b>608.222.2700</b>	<a href="http://familynaturalmedicine.com">familynaturalmedicine.com</a>
<b>First Sun Studio</b> <i>Zero Balancing and Massage</i>	Receive a <b>25% discount</b> on an initial Zero Balancing session and <b>20% discount</b> on an initial therapeutic massage.	3720 9th Drive, Wisconsin Dells, WI 53965 <b>608.254.6022</b>	
<b>Fond du Lac Acupuncture Clinic LLC</b> <i>Acupuncture</i>	<b>\$10 off</b> initial assessment and treatment <b>\$5 off</b> follow up treatments	885 Western Ave Suite 500 Fond du Lac, WI 54935 <b>920.602.7915</b>	<a href="http://fonddulacacupuncture.com">fonddulacacupuncture.com</a>
<b>Genesis Wellness</b> <i>Massage Therapy</i>	Receive a discount of <b>10% on packages</b> of 5 or more massage sessions.	550 Sunrise Drive, Suite 108 Spring Green, WI 53588 <b>608.438.8798</b>	
<b>Gentle Tiger Acupuncture LLC</b> <i>Acupuncture and Oriental Medicine</i>	Receive a <b>discount of 10%</b> on your visit and <b>\$3 off</b> each follow up visit. Package sessions are excluded.	6629 University Ave. Suite 101 Middleton, WI 53562 <b>608.831.8160</b>	
<b>Gently Down the Stream</b> <i>Acupuncture</i>	Receive <b>\$5.00 off</b> each visit. Not to be combined with other discounts, coupons.	835 Wisconsin Avenue Boscobel, WI 53805 219 W. Maple Street Lancaster, WI 53813 <b>715.969.9255</b>	<a href="mailto:munimumm@spacestar.net">munimumm@spacestar.net</a>
<b>Grandmother Moon Clinic</b> <i>Acupuncture</i>	Discount: <b>\$20 off initial Acupuncture Treatment/visit</b> and <b>\$5 discount on follow-up visits</b> for up to four subsequent visits	608 Water Street Prairie du Sac, WI 53578 & 600 Highland Avenue Madison, WI 53792 <b>608.588.4464</b>	



Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
<b>Hands With Heart Massage and Bodywork</b>	<ul style="list-style-type: none"> <li>• \$45 for a 1-hour Therapeutic, Relaxation or Combination massage</li> <li>• \$30 for a 30-minute site specific massage</li> <li>• \$25 for a 20-min fire cupping session &amp; 10 min massage for free</li> </ul>	222 N. Midvale Blvd. Madison, WI 53705 <b>608.393.3353</b>	
<b>Harmony Acupuncture &amp; Herbal Medicine</b>	Discount: <b>20% discount on initial visit and \$5.00 discount on follow-up visits.</b>	3240 University Ave. # 3B Madison, WI 53705 <b>608.204.0101</b>	
<b>Healing Point</b> <i>Acupuncture, Herbal Medicine, Diet and Nutrition Counseling</i>	<b>20% off initial consult</b> (normal price \$90) <b>\$5 off return visits</b>	6320 Monona Dr Suite 207 Monona, WI 53716 <b>608.225.7195</b>	<a href="http://healingpoint-acu.com/">healingpoint-acu.com/</a>
<b>Healthy Prelude, LLC</b> <i>Therapeutic Massage Therapy</i>	"Healing With the Bounty of Nature" Offering: Massage Therapy, Cranial Sacral, Deep Tissue, Myofascial Release, Zero Balance, Lymphatic, Yoga, Reiki. <b>15% off</b> any therapy at the going rate, up to 4 sessions, 10% off any further treatment session.	W9833 Scandinavia Lane Elroy, WI 53929 <b>608.462.4010</b>	<a href="http://harmonyacupuncturemadison.com">harmonyacupuncturemadison.com</a>
<b>Indira</b> <i>Spa Services</i>	Receive <b>10% discount</b> on all spa services each time you visit.	2066 Central Drive Green Bay, WI 54301 <b>920.437.7980</b>	<a href="http://indirasalonspa.com">indirasalonspa.com</a>
<b>Indulge Spa, LLC</b> <i>Massage Therapy</i>	10% off 60 minute massage treatments	4339 East Towne Way Madison, WI 53704 <b>608.249.7047</b>	<a href="http://indulgespa.net">indulgespa.net</a>
<b>InnerSparks, LLC</b> <i>Reiki &amp; Life Coaching Services</i>	Receive <b>10% off</b> 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 <b>608.516.7087</b>	<a href="http://innersparks.com">innersparks.com</a> <a href="mailto:andrea@innersparks.com">andrea@innersparks.com</a>
<b>Isthmus Wellness, LLC</b> <i>Acupuncture &amp; Massage</i>	<b>10% discount on acupuncture and massage, not valid with any other discounts.</b>	515 Junction Road, Suite 2300, Madison, WI 53717 <b>608.441.9355</b> <b>info@isthmuswellness.com</b> Text for appointment: <b>608.598.9516</b>	<a href="http://isthmuswellness.com">isthmuswellness.com</a>
<b>Jude Christensen, LMT</b> <i>Massage</i>	<b>20% off</b> up to five, one hour massages or gift certificates for new or returning clients.	210 S. Water Street Watertown, WI 53094 <b>262.203.0230</b>	<a href="mailto:gentlejude@me.com">gentlejude@me.com</a>
<b>Juno Wellness LLC</b> <i>Acupuncture &amp; Massage</i>	<b>50% discount for first-time clients for massage and acupuncture and thereafter a 15% discount.</b>	6904 University Avenue Middleton, WI 53562 <b>608.234.8667</b>	<a href="http://junowellnesscenter.com/">junowellnesscenter.com/</a>

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
<b>Laura Novak Massage</b> <i>Massage Therapy</i>	<b>\$10 off</b> first one hour massage, <b>\$5 off</b> each one hour massage after that.	2626 Park Place, Madison, WI 53705 <b>715.379.1797</b>	<a href="http://lauranovakmassage.com">lauranovakmassage.com</a> <a href="mailto:lauranovakmassage@gmail.com">lauranovakmassage@gmail.com</a>
<b>Life Kneads Massage</b> <i>Massage Therapy</i>	<b>\$10 off</b> first one hour massage, <b>\$5 off</b> each one hour massage after that.	2711 Allen Blvd Middleton, WI 53562 <b>608.831.8118</b>	<a href="mailto:tina@lifekneads.com">tina@lifekneads.com</a>
<b>Lighthouse Healing Massage Therapy LLC</b> <i>Massage Therapy</i>	<b>\$10 off first one hour massage</b> (new customers only), <b>and \$5 off</b> each one hour massage after that.	6441 Enterprise Lane Suite 212B Madison, WI 53719 <b>608.216.6761</b>	<a href="http://lighthousehealing.com/">lighthousehealing.com/</a>
<b>Lilly Love ~</b> <i>Family Massage Therapy</i>	Offering <b>60 Minutes for \$55 (\$5 off)</b> , <b>90 Minutes for \$90 (\$15 off)</b> and <b>120 Minutes for \$115 (\$25 off)</b> when you present with your Quartz id card.	Jennifer Henze, LMT 511 Madison Avenue Fort Atkinson, WI 53538 <b>262.473.9982</b>	<a href="mailto:Lillylovehealth@gmail.com">Lillylovehealth@gmail.com</a>
<b>Lisa Tiedt Therapeutic Massage</b> <i>Massage Therapy</i>	Receive <b>\$10 discount</b> on one regular price one hour massage session. <b>Special package offered at \$275</b> for five one hour sessions. Session based on individual needs, incorporating relaxation and specific therapeutic techniques.	2158 Atwood Ave. Suite 205 Madison, WI 53704 <b>608.669.5363</b>	
<b>Lori Terrill, LMT</b> <i>Massage Services</i>	<b>Save 10%</b> on all massage services.	624 Isadore Street Stevens Point, WI 54481 <b>715.204.0146</b> <b>715.342.9355</b>	<a href="mailto:lori@wifamilywellness.com">lori@wifamilywellness.com</a>
<b>Madison Acupuncture &amp; Complementary Medicine</b> <i>Acupuncture</i>	Receive <b>\$20 off the initial consultation with treatment and \$5 – \$15 off follow-up acupuncture</b> visits with the purchase of prepaid package of visits (discount depends on package size purchased).	6402 Odana Road Madison, WI 53719 <b>608.467.9711</b>	<a href="http://MadisonAcupunctureMedicine.com">MadisonAcupunctureMedicine.com</a>
<b>Madison Area Massage, LLC</b> <i>Massage Therapy</i>	Providing in home and on site massage therapy services. Receive <b>10% discount</b> to members who receive services.	110 Georgiana Circle Madison, WI 53716 <b>608.334.9125</b>	
<b>Madison Physical Therapy and Consulting, LLC</b> <i>Massage Therapy</i>	Quartz members get <b>\$10 off with the purchase of 6 regularly priced visits of:</b> • Personal Training • Massage Therapy	1605 Monroe Street, Suite C Madison, WI 53711 <b>608.957.7088</b>	<a href="http://madisonptandconsulting.com/">madisonptandconsulting.com/</a>
<b>Mary Root, Massage Therapist</b> <i>Therapeutic Massage</i>	Receive <b>10% off</b> massage sessions.	104 Sunset Avenue Soldiers Grove, WI 54655 <b>608.624.5944</b>	

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
<b>Massage For You</b> <i>Massage Therapy</i>	\$10 off each visit	1940 Cayuga Street Middleton, WI 53562 <b>608.658.4329</b>	<a href="http://massageforyou.com">massageforyou.com</a> <a href="mailto:massageforu2010@live.com">massageforu2010@live.com</a>
<b>Massage Therapy at Mile Bluff Medical Center</b> <i>Massage Therapy</i>	\$5.00 off each visit of massage therapy services.	1050 Division Street Mauston, WI 53948 <b>608.847.1422</b>	<a href="http://milebluff.com/services/rehabilitation/massage-therapy.html">milebluff.com/services/rehabilitation/massage-therapy.html</a>
<b>Massahhge, LLC</b> <i>Relaxation &amp; Therapeutic Massage</i>	Receive a discounted price of \$50 on each customized, one-hour massage, designed for women. Regularly priced at \$80.	4905 Ascot Lane #3 Madison, WI 53711 Carol Ann Smith, BA, CMT, Nationally Certified Massage Therapist <b>608.338.1532</b>	<a href="mailto:carol_massahhge@yahoo.com">carol_massahhge@yahoo.com</a>
<b>Menomonee Falls Acupuncture Clinic LLC</b> <i>Acupuncture</i>	Receive \$10 off initial assessment & treatment and \$5 off follow up treatments.	N79 W14700 Appleton Avenue Menomonee Falls, WI 53051 <b>920.602.7915</b>	<a href="mailto:acuwebb@yahoo.com">acuwebb@yahoo.com</a>
<b>Natural Balance Massage Therapy</b> <i>Massage Therapy</i>	Discount: \$10 off first 60 minute massage	506 Crocker Street Mazomanie, WI 53560 <b>608.444.6843</b>	<a href="http://naturalbalance.abmp.com/">naturalbalance.abmp.com/</a>
<b>New Self Renewal Center</b> <i>Massage Therapy</i>	\$55 for one hour massage, discounted price from \$61	6300 Enterprise Lane, Madison, WI 53719 <b>608.310.6775</b> <b>608.630.1568</b>	<a href="http://newselfrenewal.com">newselfrenewal.com</a>
<b>New U, LLC</b> <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.	<b>608.212.2154</b>	<a href="http://newutoday.com">newutoday.com</a>
<b>Nichole's Massage – Wellness Within</b> <i>Massage Therapy</i>	10% off 60 minute massage	113 S. Main Street Suite 101 Lodi, WI 53555 <b>608.206.0356</b>	
<b>Oasis Day Spa</b> <i>Spa Services</i>	Receive 20% discount for a la carte services. Sometimes a luxury, always a lifestyle!	8016 Watts Road Madison, WI 53719 <b>608.828.9470</b>	<a href="http://oasisdayspa.madison.com">oasisdayspa.madison.com</a>
<b>Origins Acupuncture and Wellness</b> <i>Acupuncture</i>	\$20 off initial appointment and \$5-\$15 off for follow up appointments.	608 Water Street Prairie du Sac, WI 53578 and 1861 Springdale St Mt Horeb, WI 53572 <b>608.301.5799</b>	<a href="http://originsacu.com">originsacu.com</a>

Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
<b>Peak Performance Massage</b> <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 <b>608.770.2081</b>	<a href="http://ppmmassage.com">ppmmassage.com</a>
<b>Prosperity Acupuncture</b> <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 <b>608.288.1240</b>	<a href="mailto:prosperityacupuncture@gmail.com">prosperityacupuncture@gmail.com</a>
<b>Reach for the Sky Thai Bodywork and Massage</b> <i>Massage Therapy</i>	Receive 25% discount on initial session and \$5.00 off subsequent session of one hour or more.	604 Crandall St. Madison, WI 53711 <b>608.238.2444</b>	
<b>Reedsburg Area Therapeutic Spa</b> <i>Massage Therapy</i>	\$15 off each one hour or longer of therapeutic massage	1104 21st St., Suite D Reedsburg, WI 53959 <b>608.768.7287</b>	<a href="http://reedsburgspa.com">reedsburgspa.com</a>
<b>Reedsburg Area Medical Center Massage Therapy</b>	\$5 off a 90, 60, 45 or 30 minute massage or Thai Massage	2000 N. Dewey Avenue Reedsburg, WI 53959 <b>608.768.6120</b>	<a href="http://ramhealth.com/our-services/massage">ramhealth.com/our-services/massage</a>
<b>Rejuvenation Spa</b>	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 <b>608.831.SKIN (7546)</b> 2824 Prairie Lakes Drive Sun Prairie, WI 53590 <b>608-837-2200</b>	<a href="http://rejuvenationspa.net">rejuvenationspa.net</a>
<b>ReLeaf Bodywork Therapy LLC</b> <i>Massage Therapy</i>	<ul style="list-style-type: none"> <li>10% discount on initial 1-1/2 hour session, including consultation and bodywork</li> <li>10% discount on purchase of 3 bodywork sessions offering craniosacral, neurovascular integration, zero balancing, acupressure, along with movement and self-care instruction</li> </ul>	330 South Whitney Way #111 Madison, WI 53705 <b>608.957.1816</b>	<a href="http://ReLeafBodywork.com">ReLeafBodywork.com</a>
<b>Renew You, LLC</b> <i>Massage Therapy</i>	\$15 off first massage and \$10 off for 60 or 90 minute massages.	411 Prairie Heights Drive Verona, WI 53593 <b>608.770.7116</b>	<a href="http://renew-you.org">renew-you.org</a>
<b>Renewed Spirit Day Spa, LLC</b>	15% off for the first visit. *Not to be combined with other discounts and promotions.	1280 W. Main St., Suite 110 Sun Prairie, WI <b>608-852-1373</b>	<a href="http://renewedspiritdayspa.com">renewedspiritdayspa.com</a>
<b>Renu Massage &amp; Day Spa</b> <i>Massage Therapy</i>	\$5 off any therapeutic massage service excluding spa packages	6417 Normandy Lane, Suite 208 Madison, WI 53703 <b>608.438.5342</b>	<a href="http://renumadison.com">renumadison.com</a>
<b>Resolution Therapeutic Massage, LLC</b> <i>Massage Therapy</i>	Receive \$10 off first visit and 10% off consecutive visits.	433 West Washington Avenue Madison, WI 53703 <b>608.443.7048</b>	<a href="http://resolutionmassage.com">resolutionmassage.com</a>  <a href="mailto:andrea@resolutionmassage.com">andrea@resolutionmassage.com</a>

# MASSAGE THERAPY, ACUPUNCTURE & SPA SERVICES

## Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
<b>Roberts Therapeutic Massage</b> <i>Massage Therapy</i>	Receive <b>10% discount</b> on 30 minute and 60 minute massages.	154 McCrae Road, Fall River, WI 53932 <b>608.697.1070</b>	<a href="mailto:gandroberts@mags.net">gandroberts@mags.net</a>
<b>RoJene Brown, CMT, LMT</b> <i>Massage Therapy</i>	Receive a first time <b>discount of \$10.00</b> to new clients on a one hour massage and <b>10% off</b> on all future massages including current clients.	<i>Located within Luedtke Storm Mackey Chiropractic</i> 204 West Cottage Grove Road, Cottage Grove, WI 53527 <b>608.839.1172</b>  <i>Located within Luedtke Storm Mackey Chiropractic</i> 1633 West Main Street Sun Prairie, WI <b>608.837.7712</b>  <i>Located within Columbus CommQuartz Hospital</i> 1515 Park Avenue, Columbus, WI 53925 <b>920.623.6646</b>	
<b>Sacred Space Studio</b> <i>Massage Services</i>	Participants receive <b>\$20 off every massage</b> . Does not include aromatherapy and hot stones.	2158 Atwood Avenue Suite 207 Madison, WI 53704 <b>860.941.2880</b>	
<b>Seventh Heaven Massage Studio</b> <i>Massage Services</i>	Receive: • <b>\$49 massage</b> for first time clients • <b>\$10 off</b> second massage • <b>10% off</b> Hot Stone Therapy and / or <b>\$165 off</b> from membership and wellness program	5317 Old Middleton Rd. Suite 102 Madison, WI 53705 <b>608.358.7242</b>	<a href="mailto:info@massagetherapy-madison.com">info@massagetherapy-madison.com</a>
<b>SolEscape Healing Arts</b> <i>Massage Therapy, Acupuncture and Waxing</i>	<b>\$5.00 off one hour or more of Therapeutic/ Relaxation Massage and/or \$5.00 off Acupuncture and/or 10% off waxing</b> . Not to be combined with any other discounts/packages/coupons when you present with your Quartz id card.	2007 Atwood Avenue Madison, WI 53704 608.216.9500	<a href="http://solescapehealingarts.com">solescapehealingarts.com</a>
<b>Studio 262 Salon</b> <i>Spa Services</i>	Deep tissue massages for <b>\$75 an hour</b> (regular priced at \$85) and <b>relaxation massages \$65</b> (regular priced at \$75).	1620 Deming Way #104 Middleton, WI 53562 <b>608.831.4500</b>	<a href="http://studio262salon.com">studio262salon.com</a>
<b>Studio Z</b> <i>Spa Services</i>	Receive <b>20% off all spa services</b> .	6025 Monona Drive Madison, WI 53716 <b>608.221.7888</b>	<a href="http://studiozmadison.com">studiozmadison.com</a>
<b>Sundara Inn and Spa</b>	Receive <b>20% off all spa and salon services</b> . Massages reimbursable thru Fitness First & More Code P Quartz714	920 Canyon Road Wisconsin Dells, WI 53965 <b>608.253.9200</b>	<a href="http://sundaraspa.com">sundaraspa.com</a>
<b>Synergy Massage and Wellness</b> <i>Acupuncture and Massage Therapy</i>	Receive <b>25% off</b> initial visits of acupuncture and massage and <b>10% off</b> subsequent visits of acupuncture and massage	615 N. Sherman Ave. Suite 22, Madison, WI 53704 <b>608.233.3588</b>	

# MASSAGE THERAPY, ACUPUNCTURE & SPA SERVICES

## Massage Therapy, Acupuncture & Spa Services

Vendor	Quartz Member Advantage	Location	Online
<b>The Spa – Sun Prairie</b> <i>Massage Therapy</i>	Get <b>20% off for any new clients on their initial visit for all spa services and 10% off any following visits</b> for all spa services with vendor. Not valid with other promotions or spafinder.	804 Liberty Blvd., #103 Sun Prairie, WI 53590 <b>608.825.4772</b>	<a href="mailto:general.thespa@gmail.com">general.thespa@gmail.com</a>
<b>Therapeutic Massage by Debra</b> <i>Massage Therapy</i>	<b>Save 15%</b> on massage therapy services.	841 N. Gammon Road Unit F Madison, WI 53717 <b>608.209.2439</b>	
<b>Unwind Therapeutic Massage</b> <i>Massage Therapy</i>	<b>\$65 one hour massage</b> including hot stone, hot towel and aromatherapy (\$20 value) OR <b>\$220 package of (4)</b> 60 minute massages also including hot stone, hot towel and aromatherapy (\$40 value).	6720 Frank Lloyd Wright Ave. Middleton, WI 53562 <b>608.616.2727</b>	<a href="http://madisonunwind.com">madisonunwind.com</a>
<b>Verban Massage and Body Therapy</b> <i>Massage Therapy</i>	Receive an initial consultation and 60-minute massage for <b>10% off</b> regular rate.	700 Rayovac Drive #103 Madison, WI 53711 <b>608.338.6259</b>	
<b>Vital Touch, LLC</b> <i>Massage &amp; Acupressure Services</i>	<b>Save 10%</b> on massage services and <b>15% on acupressure services</b> .	313 Price Place Suite 1 Madison, WI 53705 <i>Located near Hilldale Mall</i> <b>608.335.6777</b>	<a href="http://amtamassage.org/famt/vitaltouch">amtamassage.org/famt/vitaltouch</a>
<b>UW Health Massage &amp; Acupressure Services</b>	Receive <b>10% discount on exercise and nutrition classes and/or massage therapy</b> .	125 Hospital Drive Watertown, WI 53098 <b>920.262.4639</b>	
<b>West Bend Acupuncture</b> <i>Acupuncture</i>	<b>\$10 off initial assessment and treatment</b> <b>\$5 off follow up treatments</b>	128 N. Main St Suite 201 West Bend, WI 53095 <b>920.602.7915</b>	

## Hearing and Optical - Hearing instruments, contact lenses and surgery options

Vendor	Quartz Member Advantage	Location	Online
<b>Anderson &amp; Shapiro Eye Care</b> <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 Drive, Suite 102, Middleton, WI 53717 <b>608.827.7705</b>	<a href="http://be2020.com">be2020.com</a>
<b>Associated Hearing Professionals</b> <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 <b>608.238.1199</b>	
<b>Isthmus Eye Care</b>	Receive 20% off a complete pair of prescription eyewear (frame and lenses).	7601 University Avenue STE 102, Middleton, WI 53562 <b>608.831.3366</b> and 3225 East Washington Avenue, Madison, WI 53704 <b>608.249.5548</b>	<a href="http://isthmuseye.com/">isthmuseye.com/</a>
<b>LasikPlus</b> <i>Laser Vision Services</i>	Receive 15% off standard prices or 5% off promotional prices or the set prices below- whichever results in the lowest price. <b>LasikPlus Set Prices</b> <ul style="list-style-type: none"> <li>\$695* per eye - Traditional LASIK w/ IntraLase (Free enhancements for 1 year)</li> <li>\$1,395 per eye - Traditional LASIK w/ IntraLase (Free enhancements for life if medically appropriate)</li> <li>\$1,895 per eye - Custom LASIK w/ IntraLase (Free enhancements for life if medically appropriate)</li> </ul> LasikPlus also offers members: <ul style="list-style-type: none"> <li>A Free LASIK exam (over \$100 value)</li> <li>Multiple laser technologies</li> <li>Free enhancements for life on most treatments (if medically appropriate)</li> </ul> *Nearsighted better than -2, with astigmatism better than -1. Other restrictions may apply.	To find a location, go to <a href="http://lasikplus.com/Quartz/">lasikplus.com/Quartz/</a> <b>877.965.9090</b>	<a href="http://lasikplus.com/Quartz/">lasikplus.com/Quartz/</a>
<b>Olson Eye Care</b> <i>Laser Vision Services</i>	<b>\$100 off a complete pair of prescription eyewear with no-glare lenses.</b>	462 Commerce Drive Suite A Madison, WI 53719 <b>608-833-0062</b>	

## Hearing and Optical - Hearing instruments, contact lenses and surgery options

Vendor	Quartz Member Advantage	Location	Online
<b>Shopko Eyecare Centers</b>	<b>20% off on eyeglasses</b> (cannot be combined with any other discount, promotion or insurance) when you present with your Quartz ID card.  Shopko Eyecare Center Locations		<a href="http://optical.shopko.com/">optical.shopko.com/</a>
	W3208 Van Roy Road Appleton, WI (920)733-3846	2201 Zeier Rd Madison, WI (608)246-2161	701 South Church Street Watertown, WI (920)261-9225
	822 Park Ave Beaver Dam, WI (920)887-3791	7401 Mineral Point Rd Madison, WI (608)833-5700	825 West Fulton Street Waupaca, WI (715)258-9000
	2761 Prairie Ave Beloit, WI (608)365-2512	1640 Appleton Rd Menasha, WI (920)725-3752	N2585 Plaza Road Wautoma, WI (920)787-7709
	2677 South Prairie View Road Chippewa Falls, WI (715)726-1671	2101 West Broadway Monona, WI (608)222-9420	1100 East Riverview Expressway Wisconsin Rapids, WI (715)423-1340
	200 Commerce Drive Columbus, WI (920)623-9183	405 West 8th Street Monroe, WI (608)328-3333	
	1450 East Geneva Street Delavan, WI (262)728-0068	699 South Green Bay Road Neenah, WI (920)751-0275	
	255 John F. Kennedy Road Dubuque, WI (563)583-5895	1800 Plover Rd Plover, WI (715)342-9634	
	963 West Clairmont Avenue Eau Claire, WI (715)832-7723	1200 Main Street Stevens Point, WI (715)344-5355	
	616 West Johnson Street Fond du Lac, WI (920)921-8290	N66W25201 CTH VV Sussex, WI (262)820-2656	
	1425 Janesville Avenue Fort Atkinson, WI (920)563-2171		
	2500 East US Highway 14 Janesville, WI (608)754-7411		

*Hearing and Optical - Hearing instruments, contact lenses and surgery options*

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
<b>TruHearing</b> <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 <a href="http://www.truhearing.com">www.truhearing.com</a> <b>800.687.4574</b> <b>877.396.7190</b>	<a href="http://truhearing.com/">truhearing.com/</a>
<b>TruVision</b> <i>Contact Lenses</i>	Purchase contact lenses from TruVision with a valid contact lens prescription. All types of contact lenses are available at low prices from all major manufacturers. Prices vary based on the quantity purchased and shipping is free on orders over \$99.	<b>877.658.2020</b>	<a href="http://truvision.com">truvision.com</a>
<b>TruVision</b> <i>Lasik</i>	<b>Quartz members receive a 10% savings on Lasik through TruVision.</b> This offer includes a pre-operative exam, the LASIK or PRK procedure, post-operative care, and retreatment warranty. Patient financing is available upon approved credit. <i>A deposit is also required when booking a complete eye exam. The deposit is fully refundable if surgery is not scheduled. Prices may vary outside of Wisconsin. Price subject to change without notice.</i>	For more information, participating providers, or to schedule your complimentary consultation, visit <a href="http://truvision.com">truvision.com</a> <b>877.766.2020</b>	<a href="http://truvision.com">truvision.com</a>
<b>Ulla Eyewear</b> <i>Eyeglass Frames &amp; Lenses</i>	<b>15% off your purchase of a complete pair of glasses</b> (full price frame and lenses with anti-reflective).	702 N. Midvale Blvd. Suite 135 Madison, WI 53705 <b>608.231.3937</b>	
<b>UW Health Optical Shops</b> <i>Eyeglass Frames &amp; 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 <b>608.251.7286</b> 2880 University Ave. Madison, WI 53705 <b>608.263.7480</b> 451 Junction Rd Madison, WI 53717 <b>608.265.7731</b> 5249 East Terrace Dr. Madison, WI 53718 <b>608.265.1203</b> 2349 Deming Way Suite 200 Middleton, WI 53562 <b>608.824.3930</b>	<a href="http://uwhealth.org/eyecare/uw-health-optical-shops/12457">uwhealth.org/eyecare/uw-health-optical-shops/12457</a>
<b>UW Health Refractive Surgery</b> <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 <b>608.265.2020</b>	

*OTHER SERVICES & PRODUCTS*

<i>Vendor</i>	<i>Quartz Member Advantage</i>	<i>Location</i>	<i>Online</i>
<b>American Baby Magazine Subscription</b>	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 <a href="http://parents.com/american-baby-magazine/">parents.com/american-baby-magazine/</a> to subscribe.		<a href="http://parents.com/american-baby-magazine/">parents.com/american-baby-magazine/</a>
<b>American Lung Association®</b> <i>Smoking Cessation</i>	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 <a href="http://800.LUNG.USA">800.LUNG.USA</a>		<a href="http://lung.org">lung.org</a>
<b>Dreams Can Become Reality Hypnosis</b> <i>Mind, Body and Spirit</i>	10% off services.	6033 Monona Drive Monona WI 53716 1010 N. Bird Street Sun Prairie, WI 53590 <b>608.469.5538</b>	
<b>Healing Touch LLC – Wellness Within</b>	10% off 60 minute Reiki	113 S. Main Street, Ste 101 Lodi, WI 53555 <b>608.592.4242</b>	
<b>Mindful Connection, LLC</b> <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 <b>608.658.5193</b>	<a href="mailto:scottandersen@tds.net">scottandersen@tds.net</a>
<b>Myofascial Therapy</b> <i>Facial Therapy</i>	Receive 10% discount for services on each visit.	602 Corner Street Lodi, WI 53555 <b>608.592.7861</b>	
<b>Safe Beginnings®</b> <i>Childproofing, Baby Care &amp; Home Safety</i>	Save 20% on the largest selection of childproofing products, baby care items and general home safety products. Visit <a href="http://www.safebeginnings.com">www.safebeginnings.com</a> 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.	<b>800.598.8911</b>	<a href="http://www.safebeginnings.com">www.safebeginnings.com</a> <i>Some exclusions may apply. Discount cannot be combined with any other offer and is not valid for prior purchases.</i>
<b>SelfHelp Works</b> <i>Programs for Weight, Smoking, Alcohol and Stress</i>	Receive a 60% discount on Selfhelpworks' online Lifestyle Management Training programs. These programs enable you to eliminate the psychological blocks that have kept you from stopping smoking, living lean, or managing alcohol or stress successfully in your life. These positive and motivational programs offer engaging multimedia content, high interactivity, one year of personal support, and much more. <a href="#">Learn More &amp; Get Started</a> Members will click the link on Perks & Savings vendor listing, choose the program and enter the requested information. Member will automatically receive the special Quartz Health discount. Programs discounted 62% from retail price of \$199 for Quartz members LivingFree, a web-based program for smokers \$75 LivingLean, a web-based program for weight \$75 LivingSmart, a web-based program for alcohol moderation \$75 LivingEasy, a web-based program for resilience and stress management \$75		