



2025 HERTZ WELLBEING PROGRAM

We'll support your health and wellness journey.

EARN THE WELLNESS INCENTIVE WHEN YOU COMPLETE THESE ACTIONS BY DEC. 31, 2025

Hertz wants to reward you for your healthy choices. That's why you and your spouse/domestic partner have access to a wellness program through Quantum Health. You'll earn a \$600 annual reward per participant via medical premium deduction in 2026 when you complete these steps:



Complete the wellness assessment

This brief, confidential questionnaire will give you an overview of your current health and help identify potential health issues.



Have your annual physical and/or preventive screening

Routine checkups with your primary care provider (PCP) are an important part of your care to detect and prevent health issues. Regular preventive screenings help identify health issues early, and your doctor may suggest specific screenings based on your age and risk factors.



GET STARTED EARNING YOUR REWARDS

Log in to your online account at healthyhertz.com and click **Wellbeing**.

REWARDS AND ELIGIBILITY

Your rewards will be added after you finish the program. The program is open to employees and their spouses/domestic partners who are enrolled in the Hertz medical plan. If you are a new hire or newly eligible, you have 60 days from your benefits effective date to complete the activities and earn the rewards.

TAKE THE NEXT STEP TO EARN YOUR REWARDS

To earn the wellness incentive, you must complete the following steps between Jan. 1, 2025, and Dec. 1, 2025.

- **Complete the Wellness Assessment:** The easiest way to complete the Wellness Assessment is to log in to your account at healthyhertz.com and click on **Wellbeing**. It should take about 10 minutes to complete the questionnaire.
- **Have your annual physical and/or preventive screening:** Schedule and complete your annual checkup with your primary care provider. When scheduling, be sure to let them know this is your preventive exam so they code the visit properly. *[You will get credit for this activity once the claim is processed, typically about 3-4 weeks after the visit.]*

Learn more about the steps to take to earn your rewards on the next page.

If you have any questions along the way, contact your Care Coordinators at (877) 674-3045.





MORE SUPPORT AND RESOURCES

Quantum Health provides additional resources to meet you wherever you are in your wellness journey.

- **Health Coaching** provides one-on-one support from coaches to help you improve your health – whether you want to prevent illness, lose weight, eat healthier, be more active, manage stress or sleep better.
- **Tobacco Cessation** helps you successfully reduce and quit using tobacco. A coach will work with you throughout the stages of quitting with expertise and encouragement – and they'll provide free tobacco cessation aids, if appropriate for you.
- **Challenges** provide healthy competition over a two-to-six-week period and are focused on weight management, financial wellness, nutrition, physical activity and overall wellness.
- **Tracking tools** help you understand your current health and monitor your physical activity, biometric markers and health-related goals.

Log in to your account at healthyhertz.com and click on **Wellbeing** to sign up or learn more.

Participation is voluntary. It is your responsibility to meet the requirements between Jan. 1, 2025, and Dec. 31, 2025, to earn the rewards. Keep in mind that scheduling an appointment for your (physical and/or preventive screening) may take time, so be sure to allow time to complete the steps before the deadline.

If it is medically inadvisable or unreasonably difficult to achieve this program's standards because of a medical condition, contact your Quantum Health Care Coordinators at (877) 674-3045 to discuss alternative options.



healthyhertz.com

(877) 674-3045
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

