UnitedHealthcare Resources Put the Focus on Tobacco Cessation

Educational and interactive tools are available to assist members with tobacco cessation.

At UnitedHealthcare, our mission is helping people live healthier lives.™ That’s why we offer our members health and wellness tools that address some of their most important health issues, including tobacco cessation.

Tobacco use can be costly for both employers and employees.

- Tobacco use is the leading preventable cause of death in the United States.
- Smoking causes increased absenteeism along with increased health care utilization and costs.¹
- Quitting smoking before the age of 40 reduces the risk of dying from smoking-related diseases by about 90%.²

We want to support your employees by encouraging tobacco cessation. This lifestyle change may help prevent tobacco-associated conditions and decrease costs.

The collection of resources provided may help your employees quit tobacco use for good.

The programs and resources listed on the next page are designed to:

- Create awareness
- Educate and inform
- Support behavior change


### Focus on Tobacco Cessation: UnitedHealthcare Programs and Resources

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| **Printed Materials** | • Smoking Cessation Pre-Built Newsletter  
Visit: uhctools.com | ✔️ |  |
| **Emails** | • If At First You Don’t Succeed: How to Quit Smoking for Good  
• Quit Smoking: Get Back on Track After a Slip-up  
• Join the Great American Smokeout  
• Help Your Teen Quit Smoking  
• Common Cigar-Smoking Myths  
• The Dangers of Secondhand Smoking  
Visit: uhctools.com | ✔️ |  |
| **Podcast** | • The Living Tobacco-Free Podcast is designed for anyone who wants to quit or who is supporting someone who is trying to quit.  
Visit: Living Tobacco-Free Podcast | ✔️ |  |
| **Educate and Inform** | | | |
| **UHC.TVSM** | • Tips to Help You Quit Smoking  
• Why Preventive Care is Important  
Visit: UHC.TV | ✔️ |  |
| **Tobacco Cessation Videos** | • Get Ready Phase: Healthier Lives – Quitting Smoking: A Personal Journey  
• Get Ready Phase: How to Quit for Good  
• Get Set Phase: Meditation & Stress  
• Get Set Phase: Smoking Cessation Medications  
Visit: uhctools.com | ✔️ |  |
| **Support Behavior Change** | | | |
| **Health Discount Program** | LivingFree by Selfhelpworks is a 10-session program to help participants learn how to eliminate psychological blocks and become an ex-smoker in no time. Members receive a 14-day trial for $1.00 and then 40 percent off the listed online price. | ✔️ |  |
| **QuitPower®** | QuitPower® is an interactive program created to help members quit tobacco. Regular one-on-one wellness coaching sessions help members develop a quit plan and provide tobacco cessation resources. Nicotine replacement products are also included in the program. | ✔️ |  |
| **Telephonic Health Coaching** | Telephonic Health Coaching includes:  
• Limitless program enrollment throughout the year  
• Coaches who are cross-trained in multiple areas (exercise, stress, tobacco cessation, weight management, nutrition, diabetes and heart health) to offer a one-stop coaching experience  
• Members are assigned one dedicated coach throughout the entire program  
• Up to five outbound calls and unlimited inbound calls | ✔️ |  |

For more information on programs and resources speak with your UnitedHealthcare representative.

The information provided through the QuitPower® Program is for informational purposes only and provided as part of your health plan. This telephonic service should not be used for emergency or urgent care situations. In an emergency, call 911 or go to the nearest emergency room. Wellness nurses, coaches and other representatives cannot diagnose problems or recommend specific treatment and are not a substitute for your doctor’s care. Your personal health information is kept private in accordance with your plan’s privacy policy. The QuitPower Program is not insurance programs and may be discontinued at any time.

Disclosure: The Health Discount Program is administered by HealthAllies®, Inc., a discount medical plan organization. The Health Discount Program is NOT insurance. The discount program provides discounts at certain health care providers for medical services. The discount program does not make payments directly to the providers of medical services. The discount program member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount plan organization. HealthAllies, Inc., is located at P.O. Box 10340, Glendale, CA, 91209, 1-800-860-8773, www.unitedhealthallies.com, www.unitedhealthallies.com. The health discount program is offered to existing members of certain products underwritten or provided by UnitedHealthcare Insurance Company or its affiliates to provide specific discounts and to encourage participation in wellness programs. Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. UnitedHealthcare does not endorse or guarantee health products/services available through the discount program. This program may not be available in all states or for all groups. Components subject to change.

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