



Live well. Smoking Cessation Tools and Resources

powered by HealthAtoZ

UnitedHealthcare[®]
Healing health care. Together.SM

Online Health Coach: Smoking Cessation Program

Health Assessment

Our 52-question, online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience. We recommend that you complete the health assessment before beginning any wellness program. Log on to myuhc.com[®] and click 'Health&Wellness', then click 'Take a Health Assessment.'

This program is tailored to your individual smoking habits and needs. You'll set a "Quit Date" and begin a staged approach to quitting. This program features five levels. Plus, you'll receive tips on how to quit, smoking cessation information and access to additional interactive tools to help you keep on track to your Quit Date.

The program helps you to:

Understand the harms of smoking and benefits of quitting

Identify common obstacles to quitting

Understand nicotine replacement therapy options and nicotine withdrawal

Deal with temptations, find support and prevent relapse

Program features include:

Quit Date Selection Tool monitors your progress

Tobacco Tracker monitors the number of cigarettes you smoke

Virtual Tar Jar demonstrates how your lungs are affected by tobacco exposure

Cost of Smoking Calculator shows you the weekly and annual cost of tobacco use

Panic Button to get you through moments of stress without reaching for a cigarette

Health Quiz: Lung Cancer helps assess your risk

Heart Attack Risk Calculator

Smoking Body Tools shows the impact of smoking on different body parts

Lung Tool shows how smoking affects different parts of the lungs

Tobacco Cessation Diary allows you to record your progress

Trivia: Smoking

Motivational support to help you achieve your goals

Progress updates to keep you going

Online tools and messages to reinforce your healthy habits

To access this program, log on to **myuhc.com**, click *'Health&Wellness,'* then *'Your Personal Health Center'* on the right side of the screen.

We recommend that you complete the online health assessment before beginning this program. Log on to **myuhc.com** and click *'Health&Wellness,'* then *'Take a Health Assessment'* to get started.

Resources on myuhc.com

A variety of resources are available on **myuhc.com** to help you become more active. To access these resources, simply click on the *'Health&Wellness'* tab located on the **myuhc.com** home page.

Health and wellness library

Get the latest information on a variety of health and wellness topics, including:

Personalized content based on your condition, life stage or lifestyle

Clinical information on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs

Exclusive articles to help you make sense of the latest health news and trends

Daily articles on consumer health news

Log on to **myuhc.com** and click *'Health&Wellness,'* then *'Conditions AtoZ.'*

Health and wellness discounts

Find discounts on smoking cessation programs, services and products. Log on to **myuhc.com** and click *'Health&Wellness.'* A discount link is located on the bottom, left side of the screen.

Healthy Mind, Healthy Body

Your personalized health e-newsletter

Healthy Mind, Healthy Body is an electronic newsletter that allows you to choose the type of wellness articles that are most relevant to your life. It features the latest information from physicians who have appeared on TV programs and in magazines. You also will see showcased stories from members like you who have improved their health through lifestyle changes and with care provided by network physicians.

Choose your personalized e-newsletter today.

1 Go to www.uhc.com/myhealthnews.com

2 Enter your group ID number found on your medical ID card

3 Choose how you want to receive the e-newsletter (e-mail, print twice a year or both)

4 Provide contact information

5 Choose five content categories

6 Receive *Healthy Mind, Healthy Body* by e-mail every month

visit us at www.myuhc.com

Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on 'Register Now' and follow the simple steps.

Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices.

Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

UnitedHealth WellnessSM is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their 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. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals. Programs and services are subject to change at any time.

Insurance coverage is provided by or through: United HealthCare Insurance Company.

Health plan coverage is provided by or through a UnitedHealthcare company.

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