



More than one million people successfully quit smoking every year in the United States. You can be one of them! Most people try a number of times before they stop smoking for good.

UNITEDHEALTHCARE 2011-2012 SMOKING CESSATION BENEFIT HIGHLIGHTS

The following quit tobacco programs are covered benefits for enrolled members of UnitedHealthcare:

Online Health Coach

www.myuhc.com

Registration required to access. After logging on, click 'Health&Wellness,' then click 'Your Personal Health Center.' This web-based program is tailored to each individual's smoking habits and needs. The member completes an online health assessment, sets a quit date and begins a staged approach to quitting, including tips on how to quit, smoking cessation information and access to interactive tracking tools.

UHC Smoking Cessation Medication Coverage

Medication	Cost Share
Zyban (brand-name) pill form	50%
Bupropion (generic) pill form	50%
Chantix (brand-name)	50%

Note: medication aids work best when used with a quit tobacco program. Prescription necessary. Limitations may apply.

Additional quit smoking programs:

EAP Stop Smoking

(800) 795-2351

Free 8-week at work program for City employees, starting in January 2012. Call for more information.

Last Drag San Francisco

www.lastdrag.com

Confidential, supportive, free 7-session quit smoking classes for LGBT and HIV+ smokers.

California Smokers' Telephone Helpline

(800) 766-2888

Free phone-based, quit smoking program offered by UC, San Diego. Multi-lingual, with counseling for teens, pregnant women and chew tobacco users.

Smokefree

www.smokefree.gov

Online tools, real time text-messaging support, free multi-lingual phone counseling and quit smoking resources. Links to programs for women and military families.

Discuss with your doctor and sign-up for the quit smoking program that is best for you.

Health Service System

CITY & COUNTY OF SAN FRANCISCO

MYHSS.ORG