



WHAT'S YOUR WHY?

Whatever your reason to quit tobacco, we're here to help you succeed. Get started today!

If you've been thinking about quitting, why wait? Our QuitPower® Program is here to help you quit for good, no matter how long you've been using tobacco. Our coaches are ready to start working with you, so give us a call today.

The QuitPower Program features:

- Up to *eight weeks* of the patch or gum*
- Your own *personal coach* to guide you through each step of the quitting process
- Motivation and inspiration to help keep you *on track for success*
- *No extra cost* — the program is already part of your health plan benefits

CALL TO ENROLL.
1-800-478-1057

Or visit <http://www.uhccoaching.com/quitpower> to learn more.

Wellness Coaches are available:
7 a.m. – 10 p.m., Monday – Thursday
7 a.m. – 7 p.m., Friday
8 a.m. – 4:30 p.m., Saturday
Central time

* Qualified members will receive nicotine replacement therapy products at no additional cost.

This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. The information provided through the QuitPower Program is for informational purposes only and provided as part of your health plan. The wellness team cannot diagnose problems or recommend treatment and is not a substitute for your doctor's care. Your health information is kept confidential in accordance with the law. The program is not an insurance program and may be discontinued at any time.

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