

Quit For Life[®] program eToolkit Guide



Your Quit For Life program eToolkit is available.

Employee awareness and engagement are key factors in the success of your Quit For Life program. One way to create interest and participation, and help your employees end tobacco use, is to promote the program throughout your organization with the Quit For Life eToolkit. The materials in your eToolkit, along with suggested uses, are outlined on the next page.

What's included in your Quit For Life program eToolkit.

Take a break without a cigarette.



Tired of your day revolving around smoking? If you want to enjoy life without it, we're here for you. Since 1985, we've helped over 2 million tobacco users. The Quit For Life® program offers proven, personal support to help you quit for good — at no additional cost to you. Choose from a variety of tools to customize a plan to help you break free from tobacco.

- Online Support.** Get access to a website with an Action Plan and quit guide to help you build urges, manage withdrawal symptoms and switch up your habits to avoid tobacco.
- Quit For Life® mobile app.** 24/7 self-management support plus on-the-go access to your program. Download through the Apple® iTunes® App Store® or Google Play®.
- Connect with tips, tools and support, anytime.** Download the Quit For Life® mobile app. Available for Android® and iOS devices.

Get started today. myuhc.com®

Visit the "Health Resources" tab and choose the "Quit For Life" tile.

Quit smoking medication. You may be eligible for medications to help quit, if you qualify.*

Live Tobacco-Free course. Participate in an online quit tobacco course at your own pace as part of your program. You'll gain knowledge and skills to help prepare you to quit and stay on track — for good.

Support from a Quit Coach®. Talk with a coach, who can help you create a personalized Action Plan to quit and stay on track. Your coach can:

- Create a realistic quit plan.
- Offer quit tips that really work.
- Help you take advantage of complimentary* quit aids and more.


Text2Quit® and messages. Help when you need it including daily tips, encouragement and reminders.

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Visit the "Health Resources" tab and choose the "Quit For Life" tile.

UnitedHealthcare

Show your heart some love.



Did you know? When you stop smoking, the healthy rewards start right away. One day after you quit, your risk for heart attack begins to drop. One year later, the cut is half! Most people need help to quit. As part of your UnitedHealthcare plan, you have a program available — at no additional cost to you. **Quit For Life®** is just like having a coach right at your fingertips.

- **Online support.** Get access to a website offering tools and more.
- **Quit For Life® mobile app.** 24/7 self-management support plus on-the-go access to your program.
- **Live Tobacco-Free course.** Gain skills to help prepare you to quit and stay on track — for good.
- **Personalized support.** Work with a Quit Coach® to help you create a plan tailored to your habits.

Enroll in the Quit For Life program at myuhc.com®.


Visit the "Health Resources" tab and choose the "Quit For Life" tile.

UnitedHealthcare

Fliers – 8.5” x 11”

- Print and distribute to employees
- You can also send electronically as an email attachment
- Consider sending both printed and electronic formats.

Start the day without a cigarette.



Tired of planning your life around your next smoke? The **Quit For Life®** program is designed to help you live without it. Join to get proven, personal support to help you quit — at no additional cost to you.

Get started today.

- 1 Go to **myuhc.com®**.
- 2 Visit the "Health Resources" tab on the top right.
- 3 Choose the "Quit For Life" tile.

Connect with tips, tools and support, anytime. Download the Quit For Life® mobile app. Available for Android® and iOS devices.

Get started today. myuhc.com®

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UnitedHealthcare

Enjoy life without a cigarette.

Join the millions of tobacco users we've helped through the **Quit For Life®** program.



UnitedHealthcare

Enjoy life more...with more support, anytime.

Enjoying more family time. Making more time for friends. Going running more...without running out of breath. The **Quit For Life®** program is here to help you reach your goals — at no additional cost to you. Since 1985, we've helped more than 2 million tobacco users. Now offering the latest online tools, live a mobile app and website, **Quit For Life** is just like having a coach right at your fingertips — anytime you need support.

Get the support you need to quit your way.

- Online support.** Get access to a website with an Action Plan and quit guide to help you build urges, manage withdrawal symptoms and switch up your habits to avoid tobacco.
- Quit For Life® mobile app.** 24/7 self-management support plus on-the-go access to your program. Download through the Apple® iTunes® App Store® or Google Play®.
- Quit smoking medication.** You may be eligible for medications to help quit, if you qualify.*
- Live Tobacco-Free course.** Participate in an online quit tobacco course at your own pace as part of your program. You'll gain knowledge and skills to help prepare you to quit and stay on track — for good.

Support from a Quit Coach®. Talk with a coach, who can help you create a personalized Action Plan to quit and stay on track. Your coach can:

- Create a realistic quit plan.
- Offer quit tips that really work.
- Help you take advantage of complimentary* quit aids and more.

Text2Quit® and messages. Quit help when you need it including daily tips, encouragement and reminders.

Start living tobacco-free. Enroll today at myuhc.com®. Visit the "Health Resources" tab and choose the "Quit For Life" tile.

UnitedHealthcare

Brochure – 8.5” x 11” double sided and folded in half

- Print and distribute to employees
- You can also send it electronically as an email attachment

Poster – 11”x17”

- Print and display this in highly visible areas, like a break room or hallway
- Display at company health and wellness events

Imagine tackling stress without a cigarette.

Make it a reality. Enroll in the **Quit For Life®** program at **myuhc.com®**.

UnitedHealthcare

Banner Ad – 300 W x 200 H at 72 dpi

- Use this copy for employer communications like email, newsletters, Intranet, etc.
- Consider working with your digital communications team to link the banner ad to myuhc.com®

Questions?

Please contact your UnitedHealthcare representative.

Insurance coverage provided by or through UnitedHealthcare Insurance Company or its affiliates.

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.