

WILL U BE A QUITTER?

TAKECARE TOBACCO CESSATION PROGRAM

ENROLL STARTING JANUARY 1, 2021

Employees who are tobacco users **but wish to have the 2021 tobacco surcharge waived** are invited to complete the UBreathe Tobacco Cessation program, provided confidentially by BAS Health. In order to earn the incentive, employees must enroll in the UBreathe program and complete weekly coaching sessions with your dedicated BAS Health Coach. The tobacco surcharge will be removed within 60 days of completing the program.

To enroll in UBreathe, contact a Health Coach at **800-882-2109** or **coaching@mywellportal.com**.

WHAT WILL I LEARN THROUGH UBREATHE?

The UBreathe program is based on positive psychology and is designed to help you move from pre-contemplation, and all stages in between, to action. In this program, certified tobacco cessation specialists will help you learn where you are in your 'readiness to quit' tobacco and will provide you with support, education, information and accountability. Focus areas may include:

- The Benefits of Quitting
- Setting a 'Quit Date' & Creating a 'Quit Plan'
- Planning for Triggers, Cravings and Withdrawal Symptoms
- Creating a Stress Management Plan
- Providing Ongoing Support to Stay Quit
- Education about Helpful Nicotine Replacement Therapies and Medications

UBREATHE

A PROVEN AND EFFECTIVE APPROACH TO TOBACCO CESSATION

ELIGIBILITY

This tobacco cessation program is offered to all TakeCare employees who are interested in quitting tobacco. If you are a tobacco user or have quit within the past 30 days, you will need to complete the UBreathe program to remove the 2021 tobacco surcharge.

ENROLLMENT

To enroll in UBreathe, contact a Health Coach and reference TakeCare!

- Email: **coaching@mywellportal.com**
- Phone: **800.882.2109**

