

## Tobacco-free 4 life

For those enrolled in a U of A medical plan, the program includes:

- One on one coaching calls
- Up to 2 free office visits
- Chantix prescription smoking-cessation medication
- Patches and gum



## Get Help Quitting - Free of Charge!

Health coaching is an optional service available through UMR. For more information on this voluntary resource, contact UMR at **1-800-207-7680** or **www.umar.com**.

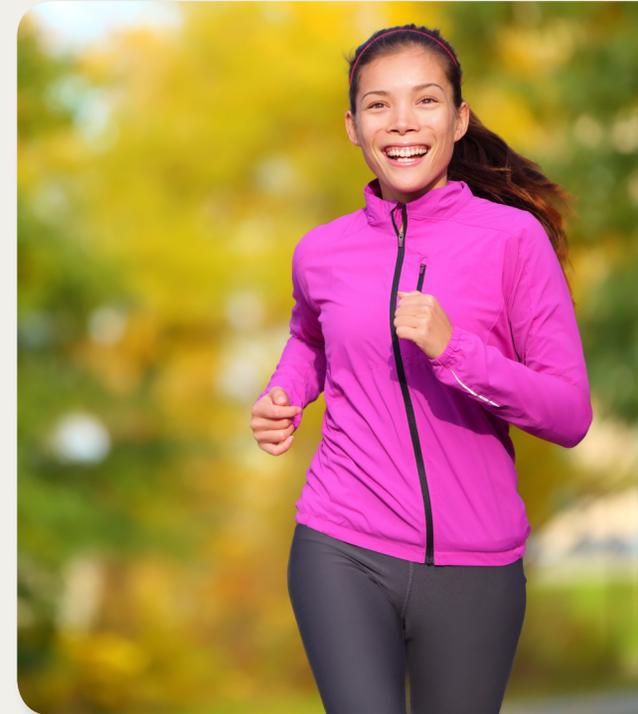
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# The U of A Wellness Program



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## Tobacco Cessation for U of A Health Plan Members

When you use tobacco products, the nicotine triggers your brain to release adrenaline, giving you a buzz of pleasure and energy.

Over time, our bodies build a tolerance to nicotine, making it harder to get that pleasant feeling back. And the withdrawal people feel when not using tobacco keeps us coming back even when we want to quit.

If you're like most people, you need help to quit and deal with nicotine cravings.

The University of Arkansas Health Plan has teamed up with UMR to provide a tobacco cessation program to its covered employees.

When you participate in the program, you will qualify for two visits with your primary care physician for tobacco cessation with no copayment. If your physician prescribes the nicotine cessation medication varenicline (Chantix), you may fill your prescription with no copay for up to 6 months.

Contact a UMR Wellness Coach at 1-800-207-7680 to enroll in the tobacco cessation program.

Your health coach will help you determine your readiness to quit and assist you in setting a quit date and developing strategies to achieve your goal.

**Let us help you give up tobacco for life!**

## Wellness Program for U of A Health Plan Members

Employees/primary subscribers have an opportunity to earn wellness incentives and avoid possible surcharges by participating in the University's wellness program. The goal of the program is to improve the health of employees by encouraging employees to build relationships with primary care physicians; utilize wellness and preventive exams; and reduce tobacco use.

**To participate, just complete two simple steps toward becoming a healthier you.**



## Getting started

### Step 1:

Visit an in-network provider for a qualified office visit during the required time period.

### Step 2:

Complete the Tobacco/Nicotine Pledge and Notice during Open Enrollment on the UMR Member Portal: [umr.com](http://umr.com)

## Once you're logged in:

- 1 Select the **Health Center** tab
- 2 Click **Wellness Activity Center**
- 3 Click **Get Started** and you will be redirected to the wellness page
- 4 Click **Log Your Activities and Events** to complete the Pledge.