



# TIME TO TACKLE THAT UNHEALTHY HABIT

It's no secret that tobacco use can cause serious health issues. We want to reward our employees who make healthy choices. So starting next year, those who choose not to use tobacco products, or are actively participating in a program to help them quit, will pay lower costs for their medical insurance coverage.

Effective January 1, 2021, a tobacco-use surcharge of \$50 per paycheck will go into effect for any employee and/or spouse who uses tobacco. However, if you or your spouse are currently a tobacco user, you can avoid this surcharge by enrolling in Cigna's tobacco cessation program by the end of 2020.

A person is defined as a tobacco-user if they have used any of the following within the last three months:

- Any tobacco product, including cigarettes, cigars, chewing tobacco, snuff or pipe tobacco
- Any unregulated nicotine device, such as e-cigarettes or vaporizers, used four or more times per week

## COMMIT TO QUIT

By participating in the tobacco cessation program, you can create a personal quit plan and get the support you need to kick the habit for good. Cigna's program gives you what you need to quit: knowledge, skills, motivation, tools and support.

### Benefits include:

- Phone and online support available 24/7
- Workbooks and toolkits to help you think in a new way, stay focused and track your progress
  - Helpful aids at no cost to you, such as nicotine replacement patches and gum
    - One-on-one support from specially-trained health advocates
  - Ongoing support to help overcome new roadblocks and avoid relapses

## YOUR TOBACCO-FREE JOURNEY CAN START TODAY

For more information, or to enroll in the program, call 855-246-1873 or visit [myCigna.com](https://myCigna.com) (select the "My Health" tab, then "Programs and Resources," then select "Health Assistant" from the drop-down menu).

# ARE YOU A SMOKER? WANT TO KICK THE HABIT?

## THE BENEFITS START ON DAY ONE!

### **Within 12 Hours of Quitting**

Carbon monoxide levels in your blood drop to normal.

### **Within Two Weeks**

Cilia—tiny hairs inside your lungs that keep them clean—start to regrow and regain normal function, making it easier for you to breathe.

### **Within Several Months**

Substantial improvements in lung function.

### **Long-Term**

Quitting reduces the risk of cancer, heart disease and chronic obstructive pulmonary disease (COPD).

## MAKE A PLAN TO QUIT!

1. Set a date in the next two weeks to quit.
2. Tell family and friends. It's easier when you have support!
3. Get extra help, such as participating in a smoking cessation program. **More details inside.**
4. Make a plan for challenges, such as cravings and withdrawal symptoms.
5. Remove all cigarettes and lighters from your home, work and car.
6. Talk with your doctor or pharmacist about nicotine replacement therapy options.
7. Celebrate and reward yourself when you reach smoke-free milestones (such as one day, one week and one month).



**See inside for important benefit  
cost changes coming in 2021.**