

CIGNALIFESTYLE MANAGEMENT TOBACCO CESSATION PROGRAM

963680 07/21 Offered by Cigna Health and Life Insurance Company or its affiliates

You have your hands full.

As part of your employer's health plan offered through Cigna, you now have a variety of programs and services to help make your life easier — and healthier.



MYTHS ABOUT TOBACCO



We've all heard the dangers of smoking many times. But if what you're hearing still hasn't convinced you or you have tried quitting before, maybe these common myths and facts can help.

Myth 1: It's okay if I only smoke on weekends.

Fact: Every cigarette you smoke damages your blood vessels and makes clots more likely to form, which can lead to heart attack or stroke.

Myth 2: I smoke light cigarettes because they're not as bad for you.

Fact: You can breathe in just as much tar by smoking a "light" cigarette as a regular one. Science has proven calling cigarettes "light" to be misleading, and now it's against the law to include "light" on the label.

Myth 3: I've smoked my whole life. There's really no point in quitting now.

Fact: Quitting today could improve your quality of life for years to come. Your heart rate and blood pressure will decrease immediately, and your lungs will start to work more efficiently. Quitting gives your body an opportunity to heal. In just one year, your chance of heart disease is cut in half.

Myth 4: I switched to e-cigarettes – no worries here.

Fact: The aerosol in e-cigarettes can include nicotine, ultrafine particles and flavorings linked to lung disease and heavy metals. Since "vaping" is relatively new, we don't yet know the long-term effects on health.



LET'S CLEAR THE AIR ABOUT E-CIGARETTES

With e-cigarettes there are many unknowns, including the unknown health effects of long-term use. The U.S. Food and Drug Administration (FDA) now regulates e-cigarettes. They have not yet approved any of them for therapeutic use so they can't be recommended as an aid to help you quit smoking.*

If you're tempted to use e-cigarettes, there are other questions you should ask.

Are they safe?

E-cigarettes turn nicotine and other ingredients into a vapor that is inhaled. The U.S. Surgeon General has concluded that e-cigarettes can expose users to potentially harmful chemicals.** You should be concerned about knowing:

- > If they are safe
- What chemicals they contain
- How much nicotine you are inhaling

Are they addictive?

E-cigarettes contain nicotine, which is a highly addictive substance. Additionally, these products are attractive to kids (particularly teens).** A report by the U.S. Surgeon General found that using e-cigarettes is strongly associated with the use of other tobacco products among youth and young adults.**

*U.S. Food and Drug Administration. "Vaporizers, E-Cigarettes, and other Electronic Nicotine Delivery Systems (ENDS)." https://www.fda.gov/TobaccoProducts/Labeling/ProductsIngredientsComponents/ucm456610.htm (last updated 09/17/2020)

**American Lung Association. "E-cigarettes and Lung Health." http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lunghealth.html?referrer=https://www.google.com/ (updated July 13, 2020)



Health Benefits Start on Day One

Discover the immediate and long-term benefits of quitting smoking.

Immediate benefits*

Heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.

Twelve hours after quitting, the carbon monoxide level in your blood drops to normal. (Carbon monoxide reduces the blood's ability to carry oxygen.)

Within two weeks of quitting, you might notice it's easier to walk up the stairs because you may be less short of breath. Cilia – tiny broom-like hairs that clean your lungs – start to regrow and regain normal function very quickly after you quit smoking.

Within several months of quitting, people can expect substantial improvements in lung function.

Long-term benefits*

Quitting reduces the risk of cancer, heart disease and Chronic Obstructive Pulmonary Disease (COPD).

Regardless of age, you are less likely to die from a smoking-related illness than those who continue to smoke.

 $\label{eq:started} * National Cancer Institute. ``How Quitting Improves Your Health.'' https://smokefree.gov/veterans/reasons-to-quit/how-quitting-improves-your-health is the started start$

(accessed March 13, 2017)

Confidential, unpublished property of Cigna. Do not duplicate or distribute. Use and distribution limited solely to authorized personnel. © 2019 Cigna



5

Start to Quit

Prepare an action plan with these five steps.**

1. Set a quit date. Pick a date within the next two weeks. Don't choose a day where you know you will be busy, stressed or tempted to smoke.

2. Tell family and friends. Explain to them how they can help you quit and what your triggers are. Quitting is easier when you have support.

3. Anticipate and plan for challenges. Cravings and withdrawal are common. Avoid triggers – specific persons, places or activities that make you feel like smoking.

4. Remove cigarettes and lighters from your home, work and car. Don't save one pack of cigarettes "just in case." Remove the smell of smoke by cleaning your clothes, car and home.

5. Talk with your doctor or pharmacist about nicotine replacement therapy (NRT) options, such as gum, patches or lozenges.

6. Reward yourself. Celebrate being smoke free for 24 hours, one week and one month. Treat yourself with a nice dinner, a day at the movies or any other fun smoke-free activity.

** Centers for Disease Control and Prevention. "Build Your Quit Plan." https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/quit-plan.html (last reviewed/last updated February 22, 2017)



TOBACCO CESSATION PROGRAM

You know you want to quit. The Tobacco Cessation Program can help you develop a personal plan to become and remain tobacco-free.

Choose from two convenient options – a telephone program featuring a dedicated wellness coach, or online for a personalized program – or use both.

Our health advocates provide personalized support to help you make lasting changes.



Use an online or telephone coaching program (or both) for the support you need.



TOGETHER WE CAN HELP YOU GET TO WHERE YOU WANT TO BE

Get the help you need to finally quit tobacco. Create a personal quit plan with a realistic quit date. And, get the support you need to kick the habit for good

Call us for:

- One-on-one wellness coaching
- Convenient evening and weekend hours
- Program workbooks and toolkits
- > Includes home delivery of over-the-counternicotine replacement
- \succ therapy, at no additional cost to you.
- Post graduation follow-up calls

Or visit us online for 24/7 access to:

- Convenient support
- Personalized programs
- > Home delivery of over-the-counter nicotine replacement therapy







Customer Success Story

Meet Joan

- ➢ 51 Years Old
- Smoked for 30 years



Her Risk Factors

- ➢ High Blood Sugar
- > Overweight
- High Cholesterol and triglycerides
- ➤ High blood pressure

It's never too late to get healthy

Joan smoked about a pack of cigarettes a day for 30 years. She never tried to quit before. And at age 51, she found herself facing several serious health problems. She had a high risk of heart attack, stroke and diabetes. She knew she needed to make a change. Joan felt very alone, but she wasn't. Cigna's Tobacco Cessation Program was there for her. For every step of her journey.

Help was just a call away

Joan contacted Cigna's Tobacco Cessation Program and talked with a wellness coach. On the first call, Joan's coach told her about different ways to quit smoking.

- > Joan chose a method known as nicotine fading.
- > She eventually moved to nicotine replacement therapy gum.
- > She got down to 1-2 cigarettes a day.
- > Joan worked with her coach about how to quit completely.
- > She struggled with not smoking at work.



Customer Success Story – Continued

Overcoming Barriers

Not smoking at work was hard for Joan. Her coworker wasn't supportive of her healthy changes. And when she stopped taking smoke breaks, she stopped taking breaks altogether. This increased her stress levels. Together, Joan and her coach worked to:



Breathing in success

Joan weaned herself off cigarettes and quit for good. She also gained new confidence in herself. She told her coworker that she was quitting and would not be joining her for smoke breaks. Just three days later, her coworker also quit smoking. Joan reached her goal. She felt so good about herself that she also joined Cigna's Weight Management Program.





How to Enroll in the Online Tobacco Cessation Program

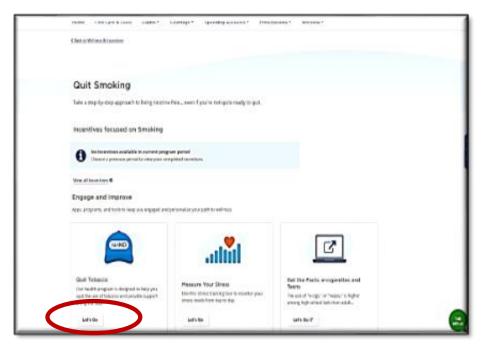
Step 1. Log on to mycigna.com
Step 2. Once logged in to mycigna.com click on the wellness tab
Step 3. Scroll down until you see Quit Smoking under Health Topics and click on it.

👳 Cigna.	🧶 menagan 🖭 ti Canda 🗽 ma Cant. Angela -	Fosé	Stress		Sleep	(szz
None Find Care & Costs Claims - Coverage - Spending Accounts	Prescriptors Welliess		10	-		
Important Information for Castomers Lawn more 0	Distantics 🗙	txercise 3	Weight	-40-	Prevention	
Welcome, Angela! Looking for care? Start here:	lerrigi fazi Get dikoosetts with Cligita Healthy Rewards. See nom	Health Topics thit to firms alter health antipolities i	milton, field/ectorors, and fie at	un ya wikiti ng	uw jur vergangent	
A Presup Care	be di mongo	Marin Hadri Harri Havani in the workspaces of Santh for Here and works, However, However, and How also		raja Cabatan mateli	Employed Health ecceds, Depresent, P.S.C. at an overall sam bring should control	
Talk tools Bowner View works to Nay (47)		Engradory That a place through a field as preserving you may three a century like active, as CVPL	Qui Senting The corp. In our amou ever force to patients		Fruith Counting On against la report pour fair boart counting	19. pal 10. par
Recent Claims		Here Hulth Texes - Multhy Ageng - Regnarcy				
	Pa	+ Boos, jont, Haarle				

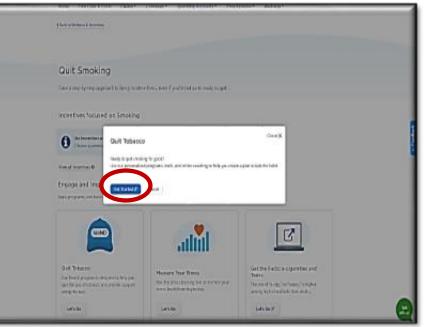


Accessing the Online Tobacco Cessation Program

Step 4. Once on the Quit Smoking Home Page find the WebMD blue hat that has Quit Tobacco under it and Click on **Let's Go**



Step 5: A box will appear asking if you're "Ready to quit smoking for good?" Click on Get Started





Accessing the Online Tobacco Cessation Program WebMD Home Page

Step 6. You'll be rerouted to the WebMD Home Page

Cigna.	Musiculari-Advant Badit3 Tagers		In the Party and Transfer of Party and Party a	MD
	to Catendar	20amey	Para O	
	An Vice Deter 10 G	main amount of		
	WELL DOU PLAN VALUES	CANE.		

Step 7. On the WebMD Home Page click on Manage Me Plans





Accessing the Online Tobacco Cessation Program WebMD Home Page

on it

To-Do Consider Fierrs Log-r Attagelet Q, Jog men You arrenter to here grad and enges life fort an kelp parater unar terst 鞏 CONTRACT IN solar managing your Aulitate WebMD Cigna wath arvis 00744.0 To-Do. Calendal Heart Failure Journey. Planet "We descent to her great and origin into Lat an help yearse one their solve managing one teach hadron. ø All Active Plans 101514.4 Cope with the Blues STREET & PLAN ** "House and the feature and engo including you be provided iente managing in Dopt will the Solo. Quil Tobacco table limit behaviors provid states in the limit of behaviors show hit prind strong to said ongoe the strang descelling of these large lossing. Insugnovable (Astronauto Pastrale Refs) (server EIRUST \$100 the Street Index Sec. is identical sectors. and) are recorded only also degree or married to private document OF Section International Property of State of Stat A GAR HITMIST 100,000 \$ 221 March Sector Design In. At approximation



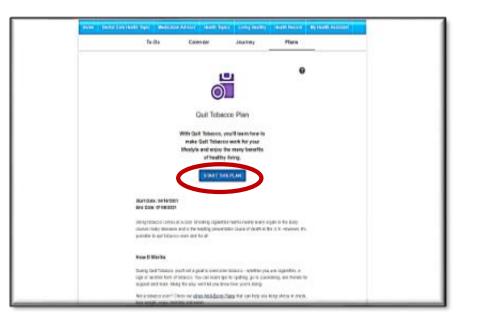
Step 9. Scroll down the page until you find Quit Tobacco and click

Step 8. Then click on Start A Plan

Accessing the Online Tobacco Cessation Program

WebMD Home Page

Step 10. Then click on Start This Plan



Step 11. You'll then be asked to take a short survey on your daily habits to personalize your program

To-Die Calender Jacomy Plane Plane Plane Parasonalization Guadations Image: Calender of the second of	and it is a state of the	WHENE	-	long testing	-	Constant of Constant	Tarian Carl House Tare	-	
Plan Personalization Question A Gell Televon Har prochabilitation State prochabilitation Har prochabilitation and Laboration Harmanian Diartel, Dyber on MY Instation Problem register Prochamilitation of MY Instation Prochamilitation of My Instate Prochamilitation of My Instate Prochamilitatio of My Instate Prochamilitatio of My Instate			These	leveney	rdar	Cate	Te-I		
Han your health care provide's aman thad or macrowended meditation to help you get to accept Ensangine (D with your of MT instation product and the major part, lastingue, pathtan, instations or spore?		0		Gensters	novelizatio	Pan Pa			
mesonenended meditalismo to bela yas spattosacceP Exercise Owneds, Datem or MFT instation problement thanging par, lastinge, publikes, instatem or spreys Main Radia Main						Gult Telacos			
8 141 8401 (1977)			er -	ila you quitticoloc 17 industine	meditation to by the Zyber or M mapyi gare, kan	recommended in Exercise Over replacement the			
BADA WET						O Yes			
				er.	8404				
Garwar starting tits gran					lanas starting B	3			



Accessing the Online Tobacco Cessation Program

WebMD Home Page

Step 12. Once you answer the survey question and established an planned program completion date you are set to start your program. **Click on View To Do Page** for next steps.

Step 13. You'll be brought over to your first tasks of the program. Be sure to log on to mycigna.com to check in daily for your tasks.

	Cigna.					hashi wyte	-
	How Dorisi Can Health Tay	e Belacke Alver	Health Taples	Using Rollby	Health Record	Ny feath desiries	
		To-Do Gale	inder	inensy	Plans		
						0	
			Nice Job	M			
		Yosi KES	red the Quit To				
				لى -			
		12 ₆					
	and the second s						
	And the second s				0		
and the second se	A REPORT OF TAXABLE PARTY.			-	-	unac	A





RESOURCES FOR GETTING AND STAYING HEALTHY

- Cigna Healthy Rewards[®] to save money on health and wellness products and services¹
- Free Veteran Support Line available 24/7/365 to all veterans by calling 855.244.6211 •
- Simple online health assessment designed to help you live a healthier life ٠
- **Online coaching programs** help you develop a healthy lifestyle ٠
- **Programs to help you** better manage stress, guit tobacco or lose weight
- Healthy Rewards programs are NOT insurance. Rather, these programs give a discount on the cost of certain goods and services. The customer 1. must pay the entire discounted cost. Some Healthy Rewards programs are not available in all states and programs may be discontinued at any time. Participating providers are solely responsible for their goods and services.



Take control of your life To enroll in the Quit Today program, or if you have questions, call 855.246.1873. Or, if you want to enroll online, visit myCigna.com.



Additional Resources

American Lung Association

- <u>https://www.lung.org/quit-smoking/e-cigarettes-vaping/lung-health</u>
- <u>https://www.lung.org/quit-smoking/smoking-facts/whats-in-a-cigarette</u>
- <u>https://www.lung.org/quit-smoking/smoking-facts/health-effects/smokeless-tobacco</u>
- 1-800-QUITNOW

FDA

<u>https://www.fda.gov/tobacco-products/products-ingredients-components/vaporizers-e-cigarettes-and-other-electronic-nicotine-delivery-systems-ends</u>

SmokeFree.gov

- QuitGuide App
- <u>https://smokefree.gov/challenges-when-quitting/withdrawal/understanding-withdrawal</u>
- <u>https://smokefree.gov/challenges-when-quitting/cravings-triggers/know-your-triggers</u>

BeTobaccoFree.gov

- <u>https://betobaccofree.hhs.gov/</u>
- <u>https://betobaccofree.hhs.gov/tools-quit-now</u>



Product availability may vary by location and plan type and is subject to change. All group health benefit plans and health insurance policies contain exclusions and limitations. For costs and complete details of coverage, see your plan documents or contact your Cigna representative.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company (CHLIC), Cigna Behavioral Health, Inc., Cigna Health Management, Inc., Cigna Onsite Health, LLC, Express Scripts, Inc., ESI Mail Pharmacy Service, Inc., Express Scripts Pharmacy, Inc., Tel-Drug, Inc., Tel-Drug of Pennsylvania, L.L.C., and HMO or service company subsidiaries of Cigna Health Corporation, including Cigna HealthCare of Arizona, Inc., Cigna HealthCare of Colorado, Inc., Cigna HealthCare of Connecticut, Inc., Cigna HealthCare of Florida, Inc., Cigna HealthCare of Georgia, Inc., Cigna HealthCare of Illinois, Inc., Cigna HealthCare of Indiana, Inc., Cigna HealthCare of St. Louis, Inc., Cigna HealthCare of North Carolina, Inc., Cigna HealthCare of New Jersey, Inc., Cigna HealthCare of South Carolina, Inc., Cigna HealthCare of Tennessee, Inc. (CHC-TN), and Cigna HealthCare of Texas, Inc. Policy forms: OK - HP-APP-1 et al. OR - HP-POL38 02-13, TN - HP-POL43/HC-CER1V1 et al. (CHLIC); GSA-COVER, et al. (CHC-TN). The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc. All pictures are used for illustrative purposes only.

963680 07/21 © 2021 Cigna. Some content provided under license.

