



CIGNA LIFESTYLE MANAGEMENT TOBACCO CESSATION PROGRAM





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-lung-health.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.

* National Cancer Institute. "How Quitting Improves Your Health." <https://smokefree.gov/veterans/reasons-to-quit/how-quitting-improves-your-health>

(accessed March 13, 2017)



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-counter nicotine replacement 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:



Manage Stress Triggers



Take regular breaks during the working the workday

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.

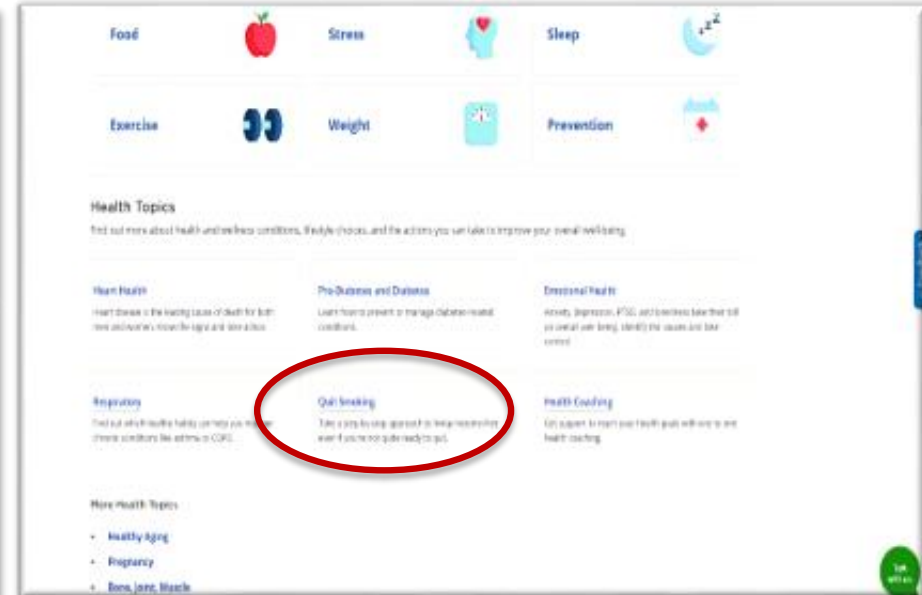
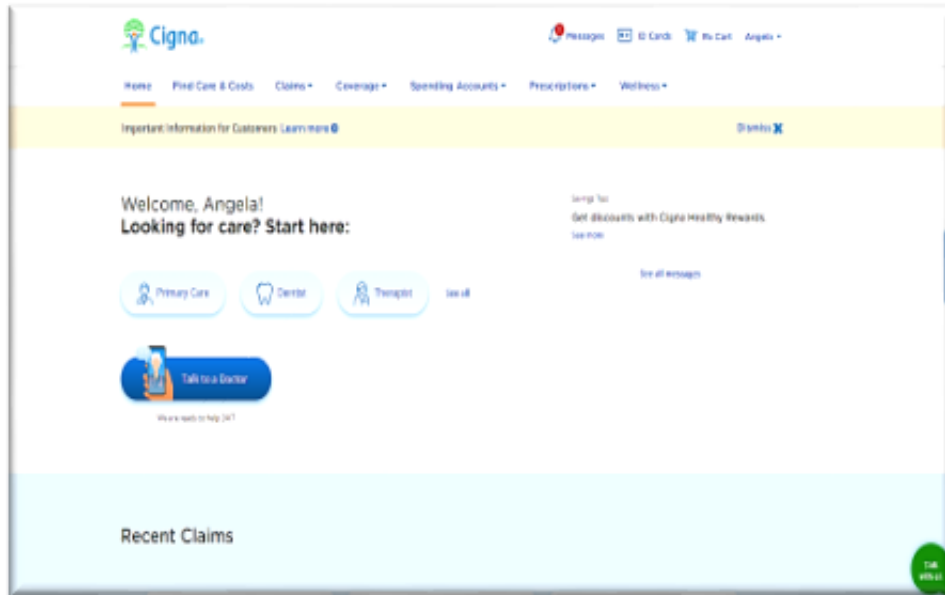


How to Enroll in the Online Tobacco Cessation Program

Step 1. Log on to mycigna.com

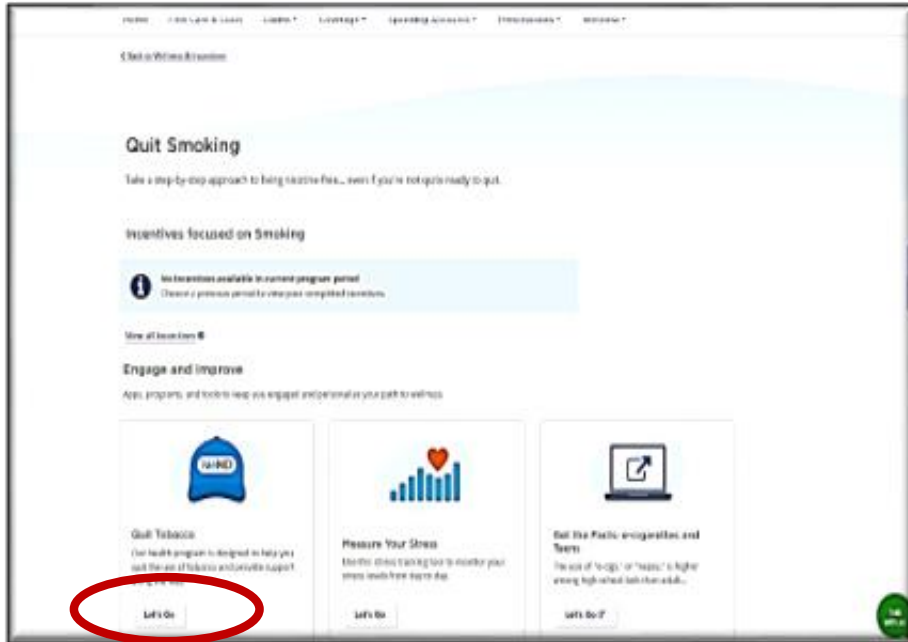
Step 2. Once logged in to mycigna.com click on the wellness tab

Step 3. Scroll down until you see **Quit Smoking** under Health Topics and click on it.

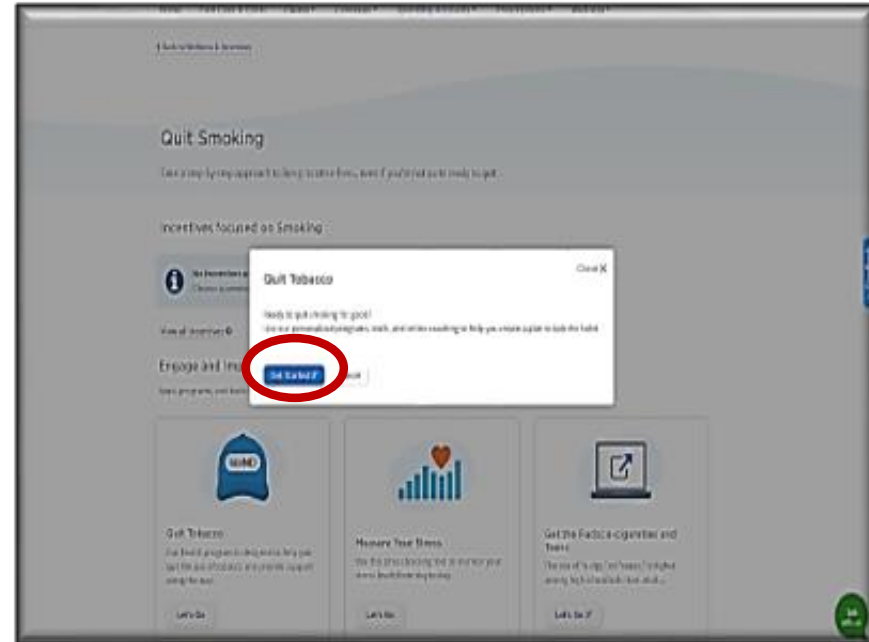


Accessing the Online Tobacco Cessation Program

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**



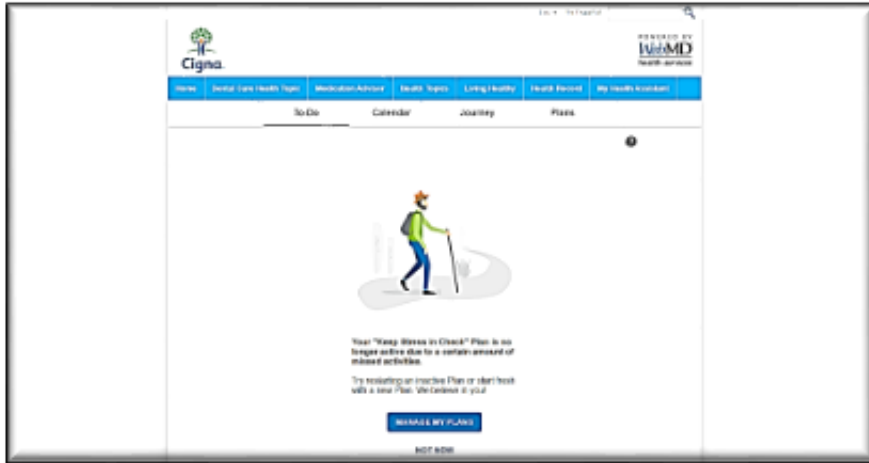
Step 5: A box will appear asking if you're "Ready to quit smoking for good?" Click on **Get Started**



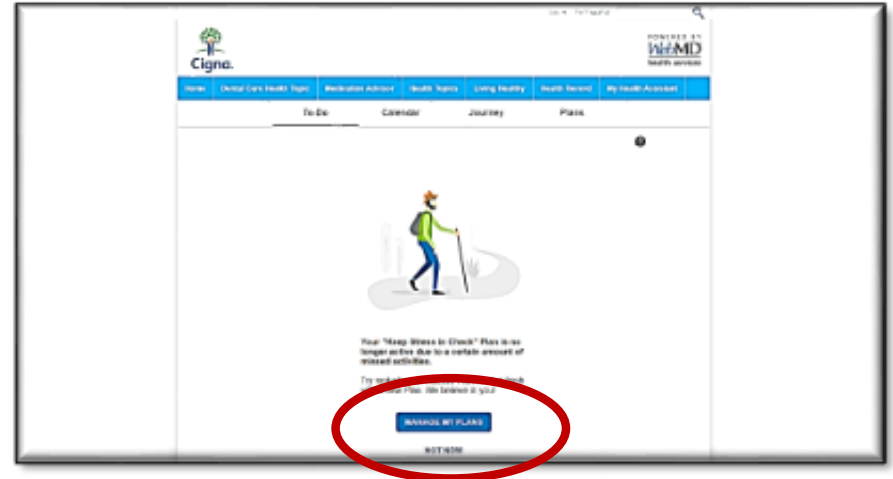
Accessing the Online Tobacco Cessation Program

WebMD Home Page

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



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



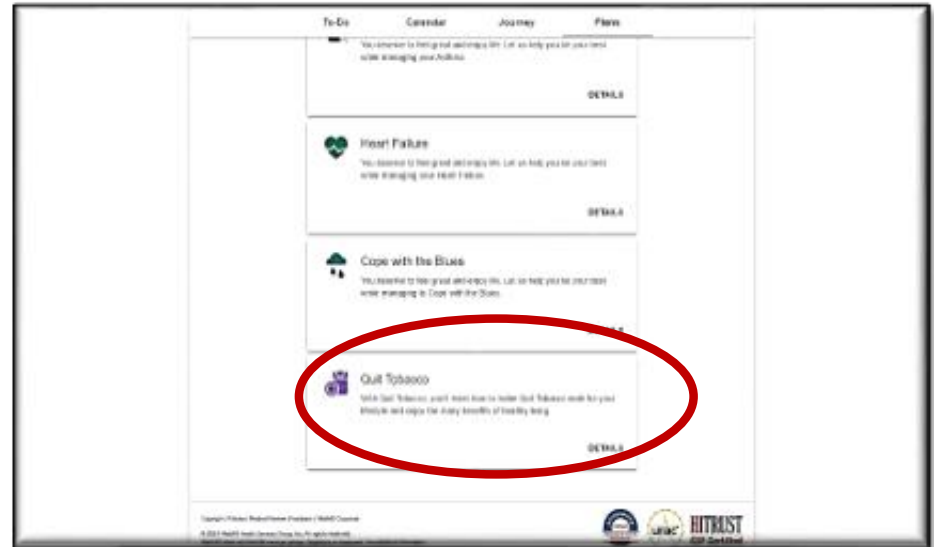
Accessing the Online Tobacco Cessation Program

WebMD Home Page

Step 8. Then click on **Start A Plan**



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



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

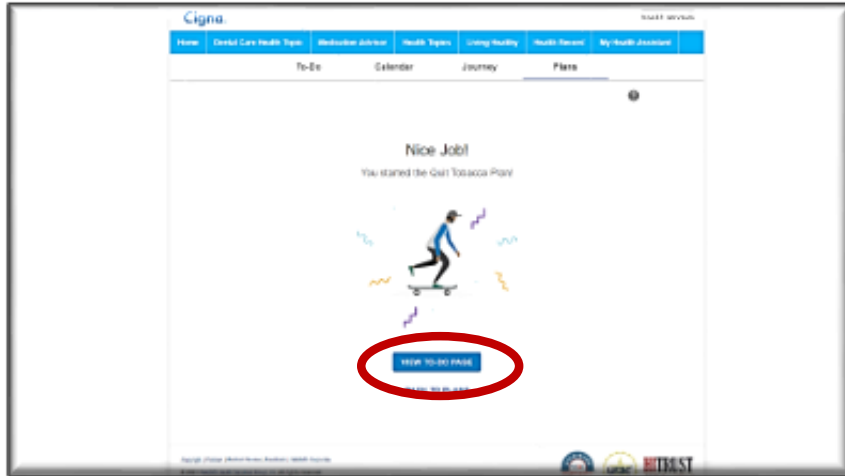


Accessing the Online Tobacco Cessation Program

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.



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
- **Online coaching programs** help you develop a healthy lifestyle
- **Programs to help you** better manage stress, quit tobacco or lose weight

1. **Healthy Rewards programs are NOT insurance.** Rather, these programs give a discount on the cost of certain goods and services. The customer 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

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

FDA

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

SmokeFree.gov

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

BeTobaccoFree.gov

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



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.

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