Live well. Smoking Cessation Tools and Resources powered by HealthAtoZ
Online Health Coach: Smoking Cessation Program

This program is tailored to your individual smoking habits and needs. You’ll set a “Quit Date” and begin a staged approach to quitting. This program features five levels. Plus, you’ll receive tips on how to quit, smoking cessation information and access to additional interactive tools to help you keep on track to your Quit Date.

The program helps you to:

- Understand the harms of smoking and benefits of quitting
- Identify common obstacles to quitting
- Understand nicotine replacement therapy options and nicotine withdrawal
- Deal with temptations, find support and prevent relapse

Program features include:

- Quit Date Selection Tool monitors your progress
- Tobacco Tracker monitors the number of cigarettes you smoke
- Virtual Tar Jar demonstrates how your lungs are affected by tobacco exposure
- Cost of Smoking Calculator shows you the weekly and annual cost of tobacco use
- Panic Button to get you through moments of stress without reaching for a cigarette
- Health Quiz: Lung Cancer helps assess your risk
- Heart Attack Risk Calculator
- Smoking Body Tools shows the impact of smoking on different body parts
- Lung Tool shows how smoking affects different parts of the lungs
- Tobacco Cessation Diary allows you to record your progress
- Trivia: Smoking
- Motivational support to help you achieve your goals
- Progress updates to keep you going
- Online tools and messages to reinforce your healthy habits

Health Assessment

Our 52-question, online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience. We recommend that you complete the health assessment before beginning any wellness program.

Log on to myuhc.com® and click ‘Health&Wellness’, then click ‘Take a Health Assessment’. 
To access this program, log on to myuhc.com, click ‘Health&Wellness,’ then ‘Your Personal Health Center’ on the right side of the screen.

We recommend that you complete the online health assessment before beginning this program. Log on to myuhc.com and click ‘Health&Wellness,’ then ‘Take a Health Assessment’ to get started.

Resources on myuhc.com
A variety of resources are available on myuhc.com to help you become more active. To access these resources, simply click on the ‘Health&Wellness’ tab located on the myuhc.com home page.

Health and wellness library
Get the latest information on a variety of health and wellness topics, including:

- **Personalized content** based on your condition, life stage or lifestyle
- **Clinical information** on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs
- **Exclusive articles** to help you make sense of the latest health news and trends
- **Daily articles** on consumer health news

Log on to myuhc.com and click ‘Health&Wellness’, then ‘Conditions AtoZ’.

Health and wellness discounts
Find discounts on smoking cessation programs, services and products. Log on to myuhc.com and click ‘Health&Wellness’. A discount link is located on the bottom, left side of the screen.

**Healthy Mind, Healthy Body**
Your personalized health e-newsletter

Healthy Mind, Healthy Body is an electronic newsletter that allows you to choose the type of wellness articles that are most relevant to your life. It features the latest information from physicians who have appeared on TV programs and in magazines. You also will see showcased stories from members like you who have improved their health through lifestyle changes and with care provided by network physicians.

Choose your personalized e-newsletter today.

1 Go to www.uhc.com/myhealthnews.com
2 Enter your group ID number found on your medical ID card
3 Choose how you want to receive the e-newsletter (e-mail, print twice a year or both)
4 Provide contact information
5 Choose five content categories
6 Receive Healthy Mind, Healthy Body by e-mail every month
Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on 'Register Now' and follow the simple steps.

Your personal information will be used only by UnitedHealthcare and its wellness program affiliates to provide individualized health information to you to improve your health practices.

Insurance coverage provided by or through: United HealthCare Insurance Company, United HealthCare Insurance Company of New York, or their affiliates.

UnitedHealth Wellness℠ is a collection of programs and services offered to UnitedHealthcare enrollees to help them stay healthy. It is not an insurance product, but is offered to existing enrollees of certain products underwritten or provided by United HealthCare Insurance Company or its affiliates to encourage their participation in wellness programs.

Health care professional availability for certain services may be dependent on licensure, scope of practice restrictions or other requirements in the state. Therefore, some services may not be included in some programs due to state regulations.

Some UnitedHealth Wellness programs and services may not be included in all medical plans for all customers and individuals. Programs and services are subject to change at any time.

Insurance coverage is provided by or through: United HealthCare Insurance Company.

Health plan coverage is provided by or through a UnitedHealthcare company.