



Michael's

## Tobacco Cessation Program

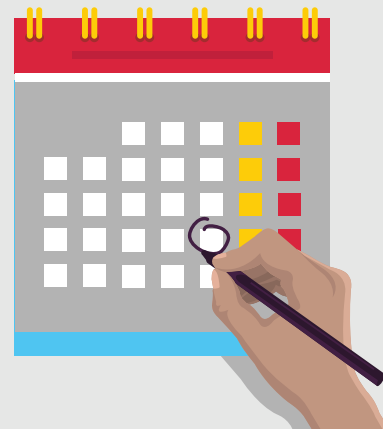
For 360 Protect Plan Members

Team Members, Spouses, and Domestic Partners who have self-identified as a tobacco user (including e-cigarettes/non-nicotine vaporizers) but wish to quit and have their medical premium fee waived are invited to complete the **UBreathe Tobacco Cessation program**, provided confidentially by Imagine360. You can qualify to have the fee removed by completing **6 weekly coaching sessions** with their dedicated Health Coach at no cost to you.

**Incentive:** Better health, saved wealth! Waived Tobacco Fee of \$30 per paycheck per person, which equates to \$780 per person per year.

### What Will I Learn Through UBreathe?

- The benefits of quitting tobacco/nicotine
- Setting a 'Quit Date' & creating a 'Quit Plan'
- Planning for triggers, cravings & withdrawals
- Creating a stress management plan
- Providing ongoing support to remain tobacco-free
- Education about Nicotine Replacement Therapies & Medications



Call 800.882.2109 or email [coaching@mywellportal.com](mailto:coaching@mywellportal.com) to enroll in the **UBreathe Tobacco Cessation Program**.

