

City of Dallas 2011 Tobacco Cessation Program



As part of your 2011 benefits through UnitedHealthcare, City of Dallas will be providing employees who use tobacco products with help to quit.

Step one: Come Clean

At open enrollment you will be asked if you use tobacco products. If you do, you are eligible to take advantage of the tobacco cessation products and resources that are available at no cost to you.

Step Two: Get Clean

1. Employees that use tobacco products will have access to tobacco cessation medications.
 - ▶ Paid at 100% under the prescription plan, up to \$240.
 - ▶ Medications including nicotine replacement gum, patches as well as prescription medications.
 - ▶ Must have a prescription from your physician, including for gum and patches.
2. Online Health Coach for Smoking Cessation at www.myuhc.com[®]
 - ▶ Tailored to your individual smoking habits and needs.
 - ▶ Set a "Quit Date" and begin a staged approach to quitting.

Some program features include:

- ▶ Quit Date Selection Tool monitors your progress,
- ▶ Tobacco Tracker monitors the number of cigarettes you smoke.
- ▶ 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
- ▶ Smoking Body Tools shows the impact of smoking on different body parts
- ▶ Tobacco Cessation Diary allows you to record your progress
- ▶ Motivational support to help you achieve your goals
- ▶ Progress updates to keep you going
- ▶ Online tools and messages to reinforce your healthy habits

When the going gets tough

The first few weeks are the hardest. Try to remember that it will get easier. In the meantime:

- Plan ahead for cravings that hit when you'd normally reach for tobacco. This could be when you're nervous, angry or sad. Instead, call a friend, run in place or munch on a healthy snack. Find out what distractions work best for you. Cravings will pass after a few minutes.
- Create new daily routines. Start exercising, revive an old hobby or start a new one. Go to places where you can't smoke or chew tobacco.
- Keep your mouth busy. Chew sugar-free gum or suck on a lollipop.
- Keep your hands busy. Doodle, snap a rubber band or play with a ball.
- Watch your "tobacco money" pile up. Plan to spend it on something you've always wanted.

Don't become discouraged if you slip up. Most people try several times before they successfully quit. Just think of it as practice for when you quit for good!

Remember to call NurselineSM 24/7 at 1-800-586-6875 for emotional help and support.

