



# Show your heart some love.



Did you know? When you stop smoking, the healthy rewards start right away. One day after you quit, your risk for heart attack begins to drop. One year later, it's cut in half.\*

Most people need help to quit. As part of your UnitedHealthcare plan, you have a program available —at no additional cost to you. **Quit For Life®** is just like having a coach right at your fingertips.

- **Online support.** Get access to a website offering tools and more.
- **Quit For Life® mobile app.** 24/7 urge management support plus on-the-go access to your program.
- **Live Tobacco-Free course.** Gain skills to help prepare you to quit and stay on track — for good.
- **Personalized support.** Work with a Quit Coach® to help you create a plan tailored to your lifestyle.

**Enroll in the Quit For Life program at [myuhc.com](http://myuhc.com)®.**

Visit the **Health Resources** tab and choose the **Quit For Life** tile.

**Connect with tips, tools and support, anytime.**

Download the Quit For Life® mobile app. Available for Android® and iOS devices.



\*Source: American Heart Association: Smoke-free Living: Benefits & Milestones. 6/11/2015. [http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp#.WqvTC2cm600](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNon-SmokingLife/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp#.WqvTC2cm600) (Accessed 03/16/18).

Benefits are subject to change. Please review your benefit documents or call the number on your UnitedHealthcare health plan ID card.

The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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