

WILL U BE A QUITTER?

RRD TOBACCO CESSATION PROGRAM

ENROLL TODAY TO WAIVE THE 2023 TOBACCO SURCHARGE

Employees and spouses who are tobacco users **but wish to waive the 2023 tobacco surcharge** are invited to complete the UBreathe Tobacco Cessation program, provided confidentially by EmpowerLinc. In order to have the tobacco surcharge removed, participants must enroll in the UBreathe program and complete 5 weekly coaching sessions with your dedicated Health Coach. The surcharge will be removed within 30 days of completing the program.

To enroll in UBreathe, contact a Health Coach at **888-882-5462** or coaching@mywellportal.com.

ELIGIBILITY

This tobacco cessation program is offered to all employees and spouses who are interested in quitting tobacco. If you are a tobacco user or have quit within the past 30 days, you will need to complete the 5-session UBreathe program to remove the 2023 tobacco surcharge.

ENROLLMENT

To enroll in UBreathe, contact a Health Coach and reference RRD!

- Email: coaching@mywellportal.com
- Phone: **888.882.5462**

WHAT WILL I LEARN THROUGH UBREATHE?

The UBreathe program is based on positive psychology and is designed to help you move from pre-contemplation, and all stages in between, to action. In this program, certified tobacco cessation specialists will help you learn where you are in your 'readiness to quit' tobacco and will provide you with support, education, information and accountability. Focus areas may include:

- The Benefits of Quitting
- Setting a 'Quit Date' & Creating a 'Quit Plan'
- Planning for Triggers, Cravings and Withdrawal Symptoms
- Creating a Stress Management Plan
- Providing Ongoing Support to Stay Quit
- Education about Helpful Nicotine Replacement Therapies and Medications

UBREATHE

A PROVEN AND EFFECTIVE APPROACH TO TOBACCO CESSATION

