



# RRD Tobacco Cessation Program

## Enroll By November 2, 2026

Employees who are tobacco users but wish to have their surcharge waived for the 2026 plan year are invited to complete the UBreathe Tobacco Cessation program, provided confidentially by EmpowerLinc. In order to earn the incentive, employees must begin the program prior to **November 2, 2026**, and complete the program by **December 31, 2026**. The UBreathe program consists of **5 weekly coaching sessions** with your dedicated Health Coach.

### What Will I Learn Through UBreathe?

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



To enroll in UBreathe, call 888.882.5462  
or contact [coaching@mywellportal.com](mailto:coaching@mywellportal.com).