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Last spring and summer, more than 2,000 UPMC employees made use of a copayment waiver for smoking cessation medications in conjunction with the launch of UPMC's smoke-free campus policy. Based on *MyHealth* Questionnaire responses, the number of UPMC employees who smoke decreased by more than 800.

Building on last year's successes, eligible UPMC employees who smoke and are covered under UPMC's medical plan — as well as their eligible spouses, domestic partners, and adult dependents — will have an opportunity to quit smoking this year with support from UPMC. An opportunity to receive a special \$0 copayment on one full 12-week course of any FDA-approved smoking cessation medication will be offered.

You must meet all of the criteria below to be eligible for the special \$0 copayment opportunity:

1. Have medical coverage under UPMC's medical plan.
2. Enroll in any version of the *MyHealth* Ready to Quit™ Program (six sessions of telephone-based health coaching; six sessions of individual face-to-face health coaching at the EAP office in Oakland; an online program; or a self-study program) within a three-month window of opportunity — June 1 through August 31, 2008 — by calling a health coach at 1-800-807-0751. All program versions include an initial assessment as well as follow-up assessments by phone at 30, 90, and 180 days following the planned date of quitting smoking. The special \$0 copayment is available only after enrollment in the program.
3. Complete or update the *MyHealth* Questionnaire between March 1, 2007, and August 31, 2008.
4. Obtain a prescription for the smoking cessation medication, including over-the-counter products, after completion of items 2 and 3 above.

One full course of treatment (usually 12 weeks) of a smoking cessation medication will be provided to eligible persons who enroll in the Ready to Quit™ Program between June 1 and August 31, no matter what date within the three-month window the person enrolls. Medication will be available at no cost from any pharmacy that participates with UPMC Health Plan, three full business days after enrollment and the completion or update of the *MyHealth* Questionnaire.

Each enrollee will receive an outreach call from a UPMC Health Plan pharmacist, who will answer questions about medications and offer support for the proper use of the medication that has been selected.

Available as part of this program is a structured series of health coaching sessions with a tobacco cessation specialist, worth approximately \$200, at no charge. To take advantage of this option, eligible persons simply need to request the six-session telephone-based or six-session face-to-face version of the MyHealth Ready to Quit™ Program when they enroll. To make use of the health coaching sessions without the special \$0 copayment opportunity, covered employees and eligible dependents may call 1-800-807-0751. For all programs, participants may be contacted at a later date for comments and feedback.

Giving up cigarettes is not easy. However, research indicates that using smoking cessation medication *and* working with a tobacco cessation specialist can help a person who smokes be up to *six times* more likely to quit than he or she would be if going it alone. Using smoking cessation medication *or* working with a tobacco cessation specialist can *double* a person's chances of quitting.

UPMC is pleased to offer eligible employees and their eligible spouses, domestic partners, and adult dependents who smoke the tools they need to greatly improve their odds of successfully making the transition to a healthier, smoke-free lifestyle.

Is this *your* year?

Sincerely,

UPMC Health Plan