



Smoking Cessation Tools and Resources

Online Health Coach: Smoking Cessation Program

This program is tailored to your individual smoking habits and needs. You'll set a "Quit Date" and begin a staged approach to stop smoking. This program features five levels with tips on how to quit, smoking cessation information and access to additional interactive tools to help keep you on track to meet your Quit Date goal.



To access this program, log on to myuhc.com, click 'Health&Wellness,' then 'Your Personal Health Center' on the right side of the screen.

The program helps you to:

Understand the harms of smoking and benefits of quitting

Identify common obstacles to quitting

Understand nicotine replacement therapy options and nicotine withdrawal

Deal with temptations, find support and prevent relapse

Program features include:

Quit Date Selection Tool monitors your progress

Tobacco Tracker monitors the number of cigarettes you smoke

Virtual Tar Jar demonstrates how your lungs are affected by tobacco exposure

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

Health Quiz: Lung Cancer helps assess your risk

Heart Attack Risk Calculator an indicator of how well your heart and lungs work.

Smoking Body Tools shows the impact of smoking on different body parts

Lung Tool shows how smoking affects different parts of the lungs

Tobacco Cessation Diary allows you to record your progress

Trivia: Smoking

Motivational support to help you achieve your goals

Progress updates to keep you going

Online tools and messages to reinforce your healthy habits

Health Assessment

Our online health assessment provides you with immediate feedback on the current state of your health. It takes approximately 15 minutes to complete. Your responses are then evaluated and used to help customize your online experience.

We recommend that you complete the health assessment before beginning any wellness program. Log on to myuhc.com and click on "Health Assessment".

Not registered on myuhc.com? Registration is easy. Just visit www.myuhc.com, click on "Register Now" and follow the simple steps.





Resources on myuhc.com

A variety of resources are available on myuhc.com to help you become more active. To access these resources, simply click on the 'Health&Wellness' tab located on the myuhc.com home page.

Health and wellness library

Get the latest information on a variety of health and wellness topics, including:

[Personalized content](#) based on your condition, life stage or lifestyle

[Clinical information](#) on a wide range of diseases, conditions, tests, procedures, treatments, therapies and drugs

[Exclusive articles](#) to help you make sense of the latest health news and trends

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Log on to myuhc.com and click 'Health & Wellness', then 'Conditions AtoZ.'



visit us at www.myuhc.com

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