

# Break free from tobacco.

**Quitting smoking is hard. MHS can help.**

MHS wants to help you break free from tobacco. Tobacco use remains the single most preventable cause of death and disease in the United States, claiming more than 480,000 lives per year. Quitting smoking can have immediate as well as long-term benefits for you and your loved ones.

Quitting tobacco is hard. You may have tried to quit several times before—two, three, four or more times—and you're still hooked. Don't give up! Each quit attempt moves you closer toward success.

## Earn Rewards

HIP members can earn **up to \$145 per year in CentAccount rewards** by working with the Indiana Tobacco Quitline. The Quitline is a telephone counseling program that offers one-on-one coaching to tobacco users who have decided to quit. You can use reward dollars to pay your monthly POWER Account contribution. Or use your rewards at stores like Walmart and Dollar General to buy healthy groceries, personal care items or over-the-counter medicines. **It's easy to get started - just call 1-800-QUIT-NOW. Be sure to tell them you are an MHS member to earn your rewards!**

HIP: CentAccount Rewards for Smoking Cessation	
Enroll with the Indiana Tobacco Quitline	\$40
Complete Your 1st Coaching Call with the Quitline	\$25
Complete Your 3rd Coaching Call with the Quitline	\$30
Complete the Tobacco Quitline Program	\$50
<b>TOTAL POSSIBLE REWARDS</b>	<b>\$145</b>

## Quit Aids

MHS will pay for quit aids like Nicotine gum, lozenges and patches as part of your health coverage. Talk with your doctor about which choices are best for you.

## Smoking and Pregnancy

Are you pregnant? Do you smoke? It's never too late to quit! Quitting now can make a big difference in your baby's life. The Quitline has a special program for helping women during pregnancy. Call 1-800-QUIT-NOW.

## Tobacco Users and Higher POWER Account Contributions

Tobacco users will have to pay more for health coverage than non-tobacco users. HIP members have 12 months to stop using tobacco. If you do not quit, your POWER Account Contribution (PAC) will be 50% higher for the next year. Another great reason to stop smoking today!

Ready to break free?  
Call 1-800-QUIT-NOW.

