



You CAN Quit Smoking – We CAN Help

Do you want help to stop smoking?

United Healthcare Community Plan wants to help you, whether this is your first try at quitting or even if you have tried before and started smoking again. United Healthcare Community Plan wants to help you become smoke free.

- Medicines:
 - United Healthcare Community Plan pays for medicines that can help you.
 - United Healthcare Community Plan covers gum, patches, lozenges, inhalers and nasal sprays
 - To get medicines to help you stop smoking, call your doctor for an appointment. Some services, such as counseling beyond 70 units, brand name drugs or additional prescriptions beyond the amount usually needed may require a prior authorization.

- Counseling services:
 - United Healthcare Community Plan covers counseling to help you quit smoking
 - To go to counseling, or get more information, call Member Services at 1.800.414.9025. United Healthcare Community Plan offers health education programs and assistance with identifying counseling services in your area. For members with lung disease and/or who are enrolled in our disease management programs please contact the Special Needs Unit at 1.877.844.8844 for assistance with accessing counseling services and educational materials.

- Help with anxiety, depression or mental health while you are trying to quit.
 - Please call your doctor or the HealthChoices Behavioral Health MCO for your county as listed in your Member Guide, or call our Special Needs Unit at 1.877.844.8844. If you are pregnant please call The United Healthcare Community Plan Healthy First Steps team at 1.800.599.5985 for assistance.

- United Healthcare Community Plan can help you connect with other quit smoking programs, too, including:
 - Healthy Beginnings Plus Providers
 - Local community hospital services to help you quit smoking and child birth classes
 - Call Member services at 1.800.414.9025 for information

Even if medicine or counseling did not work before, that doesn't mean they will never work for you.

The Pennsylvania Department of Health also wants you to succeed in your quit attempt. That's why they created the Pennsylvania Free Quitline. If you are considering quitting smoking, call the Pennsylvania Free Quitline today.

For help, call Pennsylvania's Free Quitline at 1-877-724-1090.

Remember: People often try to quit several times before they succeed.

Just because you have tried before, does not mean it isn't time to try again.