

Smoke Free for A New Beginning



800.508.2581

Smoking can complicate existing health issues such as asthma, diabetes, heart problems and respiratory problems.

Pregnant women who smoke can have low-birth weight babies who may be prone to certain health issues.

By quitting smoking, you could save \$2,500 per year. That's the amount the average smoker spends on cigarettes.

Talk to your doctor if you want to quit. It can be hard to quit smoking alone. You may be able to take classes that will help you quit smoking or get medication that will help you quit.

Call Member Services to find out if either of these options are covered through your benefits.

Please take this important step toward improving your health. Unison Health Plan wants to support you in this effort.

For more information and help with how to quit smoking, call 1.800.QUIT.NOW.



FOR MORE INFORMATION, call Care Management 1.800.508.2581 (TTY: 1.800.473.0989).

This managed health care plan may not cover all your health care expenses. Read your contract and/or member handbook carefully to determine which health care services are covered. If you need help reading this information, please call Unison at 1.800.414.9025. The information in this notice is available in other languages and formats by calling Member Services at 1.800.414.9025 (hearing-impaired: 711).

For more information, we are available Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m. and Wednesday 8 a.m. to 8 p.m. You can reach us at 1.800.414.9025 (hearing-impaired: 711).

La información de este aviso está disponible en otros idiomas y formatos si llama a Servicios para Miembros al 1.800.414.9025 (711 para las personas con deficiencias auditivas). Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Unison al 1.800.414.9025 (711 para las personas con deficiencias auditivas).

ព័ត៌មាននេះត្រូវបានផ្តល់ជូនក្នុងភាសាខ្មែរ និងក្នុងទម្រង់អូឌីយ៉ូ តាមរយៈការទូរស័ព្ទទៅខាងសេវាសមាជិកដ៏កម្រៃឥតមានលេខ 1.800.414.9025 (ចំពោះអ្នកមានបញ្ហាខាងការស្តាប់លេខ 711)។

此通知里的信息有其它语言及格式，请致电 1.800.414.9025 (听力有障碍人员请转分机 711) 联系会员服务处索取。

Информацию, содержащуюся в данном извещении, можно получить на других языках и в иных форматах по телефону отдела обслуживания участников: 1.800.414.9025 (для лиц с нарушением слуха: 711).

Thông tin trong thông báo này có sẵn bằng các định dạng và thứ tiếng khác bằng cách gọi Dịch Vụ Thành Viên theo số 1.800.414.9025 (người khiếm thính: 711).