



TOBACCO CESSATION

IF THERE'S A WAY TO HELP YOU
QUIT SMOKING SUCCESSFULLY,
WE'LL FIND IT

Southeastern Freight Lines cares about your health. To help you take the first step toward quitting tobacco use, we're providing **FREE** Tobacco Cessation coaching. Quitting now can save you from the high cost of tobacco, a higher risk of disease, and paying more for healthcare.

OVER A MINIMUM OF FIVE WEEKS, YOUR DEDICATED COACH WILL:

- Connect one-on-one during five coaching sessions
- Understand your personal motivators for quitting
- Create a customized plan to help you meet your goals
- Access important resources you need to succeed
- Guide you through the stages of quitting

GET FREE MEDICATIONS!

Your coach will also show you how to receive free medications and nicotine replacement, if appropriate for you, to increase your chances of reducing use or quitting. For prescription medications from your doctor, please contact your pharmacy for benefit information.

Increase your chances of quitting tobacco use so you can quit paying the tobacco surcharge, beginning Jan. 1, 2024.

- If you attested to tobacco use during open enrollment, you will incur a \$25/week surcharge on your medical premiums, beginning Jan. 1, 2024.
- Complete MyQHealth Tobacco Cessation coaching by June 28, 2024, to have the surcharge removed and refunded!
- Coaching sessions must be a minimum of seven days apart, so your first call must be completed no later than May 31, 2024.
- Coaching sessions should be scheduled in advance. Same-day scheduled calls are not guaranteed.

Note: Those who started MyQHealth Tobacco Cessation coaching on or after Nov. 6, 2023, don't have to enroll again at the beginning of the new year – call your MyQHealth Care Coordinators for details. Just remember: You cannot go more than 45 days between coaching calls.



myseflbenefits.com

(855) 576-9984
(Monday-Friday, 8:30 a.m.-10 p.m. ET)

