



Is it time to stop burning money and start improving your health?



Have you considered quitting tobacco, but need some extra support?

Sign up now for a new Tobacco Cessation Benefit for Pima County UnitedHealthcare Member Employees!

You may be eligible for up to \$180 gift card rebate for tobacco cessation aids when you:

- Fill out an Employee Wellness “Commit to Quit” Form.
- Participate in a tobacco cessation support group, behavioral therapy or medically supervised program or plan.
- Set a Quit Date.
- Purchase specific services or cessation aids (Over-the-counter & prescription) ~ a complete list is available at www.pima.gov/hr/health/quittobacco.
- Submit Rebate Request Form within 30 days of purchase.
- Commit to reporting on cessation success every six months.

Employees may receive up to \$60 in Target gift cards each month for up to three months when enrolling in this program.*

NOW is the time to make a commitment to QUIT TOBACCO! Visit www.pima.gov/hr/health/quittobacco or call 740-8114 for more information and starting materials.



*Limited to funding availability.

Quit Smoking NOW!



Pima County Health Department
Tobacco Education & Prevention Program

*Improve your health and save money! FREE Six-Week Series of Worksite Classes to help you quit smoking for good!
Get Ready & Start Your New Way to a Smoke Free Life*

Abrams Bldg.
Room # 3108
Tuesdays, 12 to 1 pm
Sept. 8 to Oct. 13

Legal Services Bldg.
1st Fl. Conference Room
Thursdays, 12 to 1 pm
Sept. 10 to Oct. 15

Additional 6-week series to follow!
Bring your lunch.

Attend 5 out of 6 classes and receive a \$10 Target gift card!

To sign up, e-mail wellness@pima.gov or call 740-2786.

Pima County UnitedHealthcare Members are eligible for up to \$180 in gift card rebates for purchasing tobacco cessation aids – visit www.pima.gov/hr/health for details.