

THIS MOMENT WAS WORTH THE EFFORT

Get the help you need to stop smoking

Quitting smoking is one of the most important steps you can take to improve your health and enjoy life's little moments. But it can also be one of the most difficult.

That's why Health Net has developed **Decision PowerSM for smoking and tobacco cessation**, a free program designed to support you through the difficult process of quitting smoking or chewing tobacco – wherever you are in the process. What's more, Health Net has online and offline resources to help you with your smoking-cessation.

HEALTH NET'S DECISION POWER FOR SMOKING AND TOBACCO CESSATION PROGRAM OFFERS YOU THESE SUPPORT OPTIONS:

- **Telephone support.** Decision Power Health Coaches are there to provide you with one-on-one support to help you quit smoking. You can talk to a Health Coach anytime, day or night – at no cost to you. You can call 1-800-893-5597 (for hearing and speech impaired TTY/TDD 1-800-276-3821) 24 hours a day, 365 days a year.
- **Online support.** Log on to www.healthnet.com > *Decision PowerSM Health & Wellness* > *Quit Smoking*, where you will find useful resources including a 10-step online smoking-cessation program.

Health Net realizes that quitting is up to you. Even if you are just thinking about it, we are here to support you in taking the steps to a healthier lifestyle.



Call a health coach at 1-800-893-5597
or log on to www.healthnet.com for more information!

You have access to Decision PowerSM through your current enrollment with any of the following Health Net companies: Health Net of Arizona, Inc.; Health Net of California, Inc.; Health Net of Connecticut, Inc.; Health Net of New Jersey, Inc.; Health Net of New York, Inc.; Health Net Health Plan of Oregon, Inc.; Health Net Insurance of New York, Inc.; Health Net Life Insurance Company.

In Arizona, benefits are underwritten and/or administered by Health Net of Arizona, Inc., for HMO plans and Health Net Life Insurance Company for indemnity plans and life insurance coverage. The Health Net of Arizona, Inc. service area includes all Arizona counties. Health Net, Inc., is the parent company of both Health Net of Arizona, Inc., and Health Net Life Insurance Company.

Decision PowerSM is not part of Health Net's commercial medical benefit plans nor affiliated with Health Net's provider network and it may be revised or withdrawn without notice. Decision Power is part of Health Net's Medicare Advantage benefit plans but is not affiliated with Health Net's provider network. Decision Power services, including Health Coaches, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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