

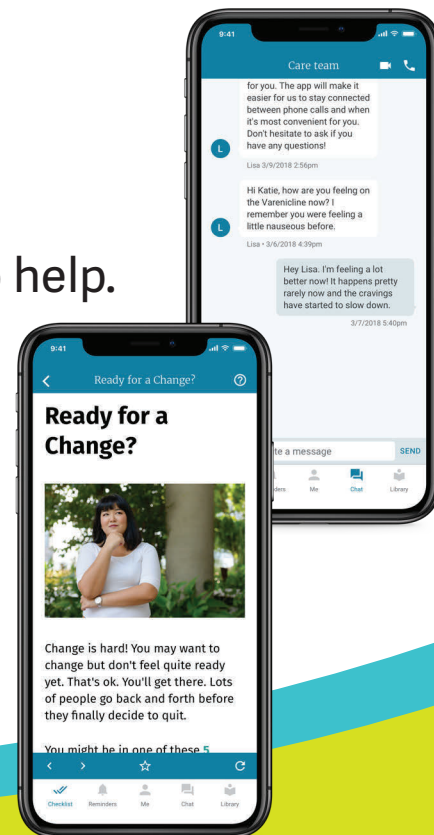
# The Support You Need To Quit Smoking

Quitting smoking can be difficult. We're here to help.

## The power to quit in the palm of your hand

**Our free Smoking Cessation program** – powered by the Wellframe® app – puts tools and support to help you quit right in the palm of your hand. You'll have access to self-guided program modules, videos, and articles you can take with you wherever you go.

You'll also have the option of receiving direct in-app text message support from our local Care Management team to help you build a personal plan to quit that is focused around your unique health goals. They'll help you identify your reasons for quitting, recognize triggers for smoking, develop strategies to fight cravings, and help you stay motivated and accountable along the way.



## Features



**Evidence-based  
holistic approach to  
smoking cessation**



**Repeatable  
six-week program**



**Daily multimedia  
to-do checklist**



**Check-ins  
and alerts**



**Articles  
and videos**



**24/7 support through  
SmokeFree.gov**



**Additional support for  
quitting smokeless tobacco  
and e-cigarettes**

We're here to help on your journey to quit smoking. With tools and integrated support from our Care Management team, we put the power to quit right in your hands.

**Download the FREE Wellframe® app and take your first step today!**

**Use access code **UNIVERA** to engage with our Care Management Team for help along the way, or **UNIVERAFREE** for the self-guided program.**



Wellframe



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Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。

**univera**  
HEALTHCARE®

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