

New York State Teamsters Council Health and Hospital Fund

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Dear Participant:

The New York State Teamsters Council Health & Hospital Fund is pleased to introduce our newest benefits available to you through Excellus BlueCross BlueShield: **Quit For Life™ Tobacco Cessation, Health Coaching, Health Risk Assessment and Health Improvement Programs**. These are voluntary programs with no additional costs to you, your spouse or your eligible dependents. The only requirement is your time and commitment to invest in a healthier new you.

The **Quit For Life™ tobacco cessation program** is offered to support individuals over the age of 18 in their efforts to quit using tobacco and is free to all Excellus BlueCross BlueShield members. Participants in the program will receive:

- One-on-one phone sessions scheduled at the convenience of the participant.
- Unlimited toll-free telephone access to Quit Coaches seven days a week from 8:00 am to 3:00 am Eastern Standard Time (EST).
- Medication recommendations, if appropriate.
- Free home delivery of nicotine replacement therapy (patch, gum, or lozenge).
- A "Quit Guide" designed to help participants stay on track between calls.

Call 1-800-442-8904 or visit www.excellusbcbs.com/national for more details.

The **Health Risk Assessment (HRA)** is a state-of-the-art risk appraisal on-line tool that evaluates your overall health and places a unique emphasis on health education and behavior change to help you live a healthier life. This is an online questionnaire that takes approximately 15 minutes to complete and is available for individuals over the age of 18. Upon completion the participant will receive a confidential Personal Wellness Report, which provides specific, actionable information to assist you in making lifestyle changes and recommends resources available. Drawing upon experts in the fields of medicine, epidemiology, health education, and behavior change, the HRA provides you with an effective tool for:

- Identifying current health risks
- Offering suggestions you can make to improve your lifestyle
- Delivering follow-up interventions for those at risk

The comprehensive easy-to-understand personalized Wellness Report provides all of the information you need to identify your health risks and follow through with appropriate health interventions and programs.

The **Health Improvement Programs** are comprehensive, web-based programs that can help you achieve your health objectives in a fun, interactive manner. Members have access to fully personalized programs, in addition to interactive tools and trackers.

Visit excellusbcbs.com/national and then select **FOR YOUR HEALTH** to access these programs.

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Health Coaching is a free service available twenty-four hours seven days a week to help you and your family. If you have questions on these or any other health issues that may affect you and your family, call your Health Coach today:

- Anxiety disorders
- Back pain
- Headaches
- Knee and Joint Pain
- Weight Management (diet and nutrition)
- Women's or Men's health issues

Call 1-800-348-9786 to speak with a Health Coach or visit excellusbcb.com/national to learn more.

The Health & Hospital Fund value the quality of your life, and would like to encourage you to take advantage of these programs, which are at no cost to you. There is no better time than right now to become free of tobacco and work towards a healthy lifestyle.

Sincerely,

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HEALTH & HOSPITAL FUND