



## 2014 Small Group Smoking Cessation Program (Applies to plan effective dates from 1/1/14 to 12/31/14)

# Quit Smoking and Get Reimbursed!

*Arise is committed to helping you live a healthier life.  
As an added bonus, we can help you save money as well!*

If you smoke, your health insurance premium may include an additional cost. However, if you enroll in and complete our **Smoking Cessation Program**, offered through the American Lung Association, you have the opportunity to remove the tobacco-related charge and be reimbursed retroactively to the **2014 effective date of your group's health plan**, as far back as 1/1/14!

The American Lung Association Freedom From Smoking® program helps you overcome your tobacco addiction so you can enjoy all the benefits of a healthier lifestyle.

You'll learn about:

- Medications to help you stop smoking and increase your success
- Lifestyle changes that make quitting easier
- Coping strategies for managing stress and avoiding weight gain
- Developing a new self-image
- Preparing for Quit Day
- How to stay smoke-free for good

No matter your reason for quitting, we can help you get there and reimburse you for your efforts.

### Did You Know?

- People who use the program are SIX TIMES more likely to be smoke-free one year later than those who quit on their own.
- Up to 60% of participants report having quit by the end of the program, when used in combination with smoking cessation medications.



## Ready to Quit?

Call 1-888-977-9355

or

Email the WPS Wellness Team at  
[wpscoach@wpsic.com](mailto:wpscoach@wpsic.com)  
to be enrolled in the program!

## Frequently Asked Questions

### How does the Arise Smoking Cessation program work?

The program is available for individuals enrolled in small group (50 or less total employees) health plans that have the tobacco charge added to their premium.

### How do I participate in the program?

The program is online via the American Lung Association, for your convenience. If you don't have access to the Internet or find it easier to work with one of our wellness coaches, the program can be conducted telephonically.

### How do I enroll?

To enroll, call 1-888-977-9355 or email the WPS Wellness team at [wpscoach@wpsic.com](mailto:wpscoach@wpsic.com).

You will need to provide your name, your number, and a personal email account so we can enroll you. Once we verify you are eligible for the program, we will personally enroll you. Once enrolled, you will receive an email with login information to the program.

### How will I be reimbursed?

When you complete the program, you are required to print and mail in your certificate of completion to our Administrators Department.

P.O. Box 11625  
Green Bay, WI 54307

Once we verified you have completed the program, your tobacco-related charge will be removed from your premium rate. Your employer/group leader will receive a credit on the next month's billing statement, back to the 2014 effective date of your group's health plan. You will need to contact your employer to receive reimbursement on your share of the premium payment.

