



The Decision to Quit Smoking Is a Personal One

The process doesn't have to be

If you've ever tried to stop smoking on your own, you understand the difficulty in taking it on by yourself – changing your behavior; managing the physical demands; controlling the emotional strain – all without the support and guidance you need to quit for good.

That's why Health Net has developed Decision Power® for smoking cessation – a free program designed to support you through the difficult process of quitting smoking – wherever you are in the process. With our smoking cessation program, you can reduce your risk of heart disease and stroke, and improve your overall health and well-being.

Health Net's Decision Power program for smoking cessation offers you an online program.

Visit HealthNet.com to find useful online resources, including information about our 6-week smoking cessation program. Some features of the Smoke-Free Program include:

1. A weekly To-Do List with specific action items to help you live smoke-free.
2. A daily Progress Tracker that gives personalized advice on withdrawal symptoms.

3. Tips on getting more active, improving your diet and controlling stress.
4. Weekly email messages to keep you on track.
5. Print-ready resources and worksheets to guide you through the quit process.
6. A final scorecard that measures your progress.

Go to www.healthnet.com, log in or register. Click *Wellness Center*, then click the link *Healthy Living Programs*. Click *Continue* to be taken to the Alere website. Scroll down the page and choose *Smoke-Free Program*.

Health Net realizes that the decision to stop smoking is yours. Whether you've tried before or are just thinking about it for the first time, we are here to support you in taking the steps to a healthier lifestyle.

Pam White
Health Net



New! Prescription smoking cessation medication is covered 100%, no copayment¹.

¹Drugs prescribed for smoking cessation are covered up to a 12-week course or therapy per calendar year if you are concurrently enrolled in a comprehensive smoking cessation behavioral modification support program. The prescribing physician must request prior authorization for coverage.

You have access to Decision Power through your current enrollment with any of the following Health Net companies: Health Net of California, Inc.; Health Net Life Insurance Company.

Decision Power is not part of Health Net's commercial medical benefit plans. Also, it is not affiliated with Health Net's provider network and it may be revised or withdrawn without notice. Decision Power services, including clinicians, are additional resources that Health Net makes available to enrollees of the above listed Health Net companies.

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