



SO LONG, TOBACCO HELLO, HEALTHY LIFE

QUIT TOBACCO = SAVE MONEY

Beginning July 1, 2016, employees who certify that they are not tobacco users will pay less for medical insurance. **If you currently use tobacco products, you can qualify for the discount by completing the Cigna tobacco cessation program, which is available at no cost to you.**

Employees who are tobacco-free will pay

\$40 LESS

per month for medical insurance than employees who use tobacco.

What do I need to do to receive the discount?

- During open enrollment, **complete the Non-Tobacco/Tobacco User Medical Plan Employee Affidavit** certifying you have not used tobacco in the past 90 days.
- If you currently use tobacco, take action now to qualify for the medical premium discount.
 - » Option 1: **Provide certification of completion** of the Cigna tobacco cessation program.
 - » Option 2: **Quit using tobacco** and remain tobacco-free for 90 days.

Please refer to the Non-Tobacco/Tobacco User Medical Plan Employee Affidavit for non-tobacco user/tobacco user definitions.

If you do not qualify for the premium discount during open enrollment, you can earn the discount during the year by completing the tobacco cessation program. The premium discount will be retroactive to July 1, 2016.

Get the help you need to finally quit tobacco.

The Cigna program is easy to use and available where and when you need it with both telephonic and online options.

Work with a trained wellness coach who will help you:

- Create a personal quit plan with a realistic quit date.
- Talk about ways to kick the habit for good.
- Get free over-the-counter nicotine replacement therapy.

ENROLL TODAY!

Take the first step and enroll in the program today.



Enroll online at www.myCigna.com. The online program includes:

- Secure, convenient support.
- Self-paced program.
- Educational materials, interactive tools, and resources.



Call 800-244-6224 to enroll. The over-the-phone program includes:

- One-on-one wellness coaching.
- Convenient evening and weekend hours.
- Program workbook and toolkit.

Mister Car Wash is committed to helping you achieve your best health. Rewards for participating in the wellness program are available to all employees enrolled in the medical plans. If you think you might be unable to meet a standard for a reward under the wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Human Resources and we will work with you, and your doctor if you wish, to find a wellness program with the same reward that is right for you in light of your health status.