



BREATHE A LITTLE EASIER

WITH MYQHEALTH COACHING



The rewards go beyond benefits

Quitting tobacco use and having a baby may seem completely different, but they are both life-changing experiences that require patience and modifying routines. Another thing they have in common? They are both part of your healthcare benefits.

With MyQHealth Tobacco Cessation Coaching and Early Steps® Maternity Coaching, you'll receive one-on-one support with specially trained coaches and nurses, along with resources to help you along the way.

As if success isn't rewarding enough, we're adding some monetary motivation to make it even sweeter.

MYQHEALTH TOBACCO CESSATION COACHING

Quitting tobacco isn't easy, but MyQHealth Tobacco Cessation coaches are here to help you be successful.

The program includes creating a personal quit plan, five intensive coaching calls, and a follow-up call at six months. You also have access, if appropriate for you, to FREE over-the-counter nicotine replacement therapies, such as patches, lozenges and gum.

Complete MyQHealth Tobacco Cessation Coaching and receive a monthly medical premium credit – and a retroactive refund on tobacco surcharges paid at the beginning of the current program.

Since MyQHealth Tobacco Cessation Coaching takes a minimum of five weeks to complete, your first coaching call must be completed five weeks before the end of the program, to ensure you complete all five assessments before the end of the program. MyQHealth Tobacco Cessation program is open to both employees and spouses, but only members are eligible for the medical premium credit.

mymisterhealth.com

888-971-7277

(Monday–Friday, 6:30 a.m.–8 p.m. MT)

Download the app | MyQHealth - Care Coordinators



EARLY STEPS® MATERNITY COACHING

With Early Steps® Maternity Coaching from MyQHealth, you'll have peace of mind knowing a supportive expert is by your side throughout your entire pregnancy.

Our nurses and maternity coaches provide invaluable advice on everything from morning sickness to breastfeeding, nutrition and stress management. They'll also prepare you for labor, delivery and a new baby.

Enroll today and earn a \$150 payroll bonus when you complete the program!

After you complete the maternity assessment, you will need to complete two maternity calls and one postdelivery call. Not only will we help your family grow with confidence, we'll help you keep your – and your baby's – health on the right track.

You'll also have access to:

- Personalized one-on-one coaching calls with a nurse or a health coach
- An online maternity education portal
- Pregnancy-related benefit information
- One of three FREE informational books

You must be enrolled in the program by 24 weeks and complete the postdelivery call within 31 days of discharge to earn the cash incentive. Early Steps® Maternity Coaching is available to active employees and spouses.

To enroll or to find out more about MyQHealth Tobacco Cessation Coaching or Early Steps® Maternity Coaching, call your MyQHealth Care Coordinators today!

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