

Are you a tobacco user?

CareSource can help you quit.

Tobacco use includes smoking cigarettes, vaping, hookah, and more. It can also include chewing tobacco or snuff. Using tobacco in any form can harm your health. It can even cause diseases that can lead to death. These CareSource benefits can help you stop using tobacco:

- Medical and behavioral health counseling from in-network providers
- Prescribed medications to help you stop using tobacco
- MyHealth, an online health tool and rewards program

MyHealth

Sign up or log into your personal account at **MyCareSource.com**. Through MyHealth, you can:

- Learn more about the dangers of tobacco use.
- Get tips on how to stop using tobacco.
- Earn up to \$200 in rewards for taking steps towards quitting!

Take the Health Needs Screening (HNS). This can help you see how to improve your overall health. You can also earn a \$30 Walmart® gift card*!

** HNS must be completed within the first 90 days with CareSource.*



Ready To Quit?

Step 1

Schedule a visit with your primary medical provider (PMP). Ask for help to stop using tobacco.

Step 2

Access the online tools at MyHealth through **MyCareSource.com**. Click the MyHealth icon under My Plan to get started.

Step 3

Call Quit Now Indiana at **1-800-QUIT-NOW** (1-800-784-8669) and work with a Quit Coach today. This is the best way to quit using tobacco products. Quit Now Indiana offers:

- Free Coaching
- Quit Plan
- Educational Materials



Scan the QR code to find out more about QuitNow Indiana.

Questions? Call Member Services at **1-844-607-2829** (TTY: 1-800-743-3333 or 711).



More On MyHealth Rewards

You can earn up to \$200 in rewards for taking healthy steps to stop using tobacco! Check the chart below to see how you can earn rewards. Rewards are based on medical or pharmacy claims, MyHealth activities or other CareSource records.

Activity	Reward Amount*
1st call with Tobacco Quitline Coach	\$50 1x/calendar year
1st call with Tobacco Quitline Coach While Pregnant	\$80 1x/calendar year
Follow-up calls with your Quitline Coach	\$10 5x (7x if pregnant)/calendar year
First counseling session to help you quit**	\$30 1x /calendar year
Second counseling session to help you quit at 6 weeks**	\$20 1x/calendar year
Substance Use Disorder Intensive Outpatient Treatment Session	\$10 10x/calendar year
Taking prescribed medicines to help you quit** (Weeks 1, 4, 8, and 12)	\$20 4x/calendar year

All HIP and HHW members aged 18-64 can earn these rewards!

**Rewards subject to change. Rewards based on claims are recorded once claims are submitted by providers and processed by CareSource. It can take a few weeks to show rewards for these activities in your MyHealth account.*

***Talk to your primary medical provider (PMP) about quitting tobacco. Your PMP can help explain what medications and/or counseling are the best fit for you.*

Track and view rewards in your MyHealth Rewards account. Use your rewards to get gift cards to places such as: iTunes®, Google Play®, Old Navy®, TJMaxx®, Marshalls®, Panera Bread® or Domino's Pizza®.

Want to learn more about our rewards programs?

Call Member Services at **1-844-607-2829** (TTY: 711) or scan the QR code:

