



Are you a tobacco user? **CareSource can help you stop.**

Using tobacco in any form can harm your health. It can even cause diseases that can lead to death. CareSource helps members stop using tobacco by providing:

- Medical and behavioral health counseling from in-network providers
- Prescribed medicines to help you stop using tobacco
- Medication Therapy Management from a pharmacist
- MyHealth, an online health tool Healthy Indiana Plan (HIP) members can access by creating or logging into their personal account at **MyCareSource.com**. Through MyHealth, HIP members can:
 - Take a Health Needs Screening (HNS) to see how they can improve their health and earn a \$20 Walmart® gift card*!
 - Learn more about the dangers of tobacco use and how they can stop using tobacco.
 - Get one-on-one coaching to stop using tobacco.
 - Earn rewards! HIP members can earn up to \$200 in rewards for taking healthy steps to stop using tobacco!

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

READY TO QUIT?

- Set an appointment to talk to your health provider. Ask for help to stop using tobacco.
- Access the online tools at MyHealth through **MyCareSource.com**. Click the MyHealth icon under My Plan to get started.
- Call CareSource to connect with a tobacco cessation coach.

TOBACCO USE INCLUDES:

- Smoking cigarettes, cigars, pipes or hookah
- Chewing tobacco
- e-Cigarettes and vaping
- Snuff

All types of tobacco are unhealthy!

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

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	FREQUENCY
Online class through MyHealth	Up to 3 classes per year
Indiana Tobacco Quit Line coaching for pregnant members	Rewards for 1st, 3rd, 5th call
MyHealth tobacco cessation coaching for non-pregnant members	Rewards for 1st, 3rd, 5th call
Behavioral counseling	Rewards for 1st visit and 2nd visit within 6 weeks
Pharmacologic Therapy (prescribed medicine to stop using tobacco)	Rewards for 1st prescription fill and at 4, 8, and 12 weeks

**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.*

Track and view rewards in your MyHealth Rewards account.

Use your rewards to get gift cards to places such as: CVS®, iTunes®, Google Play®, Old Navy®, TJMaxx®, Marshalls®, Panera Bread® or Domino's Pizza®.

START EARNING TODAY!



This content is for informational purposes only, does not constitute medical advice, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health provider with any questions you may have.

Este contenido es únicamente para fines informativos, no constituye recomendación médica alguna y tampoco pretende ser un sustituto para la recomendación médica profesional, diagnóstico o tratamiento. Siempre consulte a un médico u otro proveedor de salud calificado cualquier duda que pueda tener.

