

Living Well Tip of the Week



NEW YEAR! NEW YOU! Free programs to keep you healthy in 2012

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Quit Smoking Today! We Can Help. Free Smoking/Tobacco Cessation Program available to all UT SELECT members. Every year in the U.S. over 392,000 people die from tobacco-caused disease, making it the leading cause of preventable death. Another 50,000 people die from exposure to secondhand smoke. The University of Texas System is committed to helping smokers quit by offering our UT SELECT medical covered members with Free Smoking/Tobacco Cessation Programs, Pharmaceutical Therapy and Nicotine Replacement Therapy (NRT). Learn about these resources available to you and your family at www.LivingWell.utsystem.edu

UT SELECT Medical now provides 100% coverage for Preventive Screenings Free Preventive Care and Services – The UT SELECT Medical has always offered robust preventive care benefits including 100% preventive colonoscopy and no cost immunizations for children under 6 years of age. Now, with the implementation of health care reform, beginning September 1, 2011, certain additional preventive care and services will be available to you with no copayment or coinsurance as long as you see a network provider and meet certain annual recommended screening requirements. Learn more and make your preventive care screening appointment today at www.LivingWell.utsystem.edu.

**Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*