



## Tobacco User Program Overview

A 10% surcharge applies to tobacco users beginning July 1, 2016.

If you and your spouse are enrolled in the medical plan and currently use or begin using tobacco user prior to June 30, 2016, you must have successfully completed the *Tobacco-Free Me* coaching program offered through Asset Health by July 1, 2017 in order to avoid the 10% surcharge in 2017-2018. Both employee and spouse must complete the program to avoid the surcharge if both individuals use tobacco.

### Enrollment:

Beginning September 2016, you can opt in to the *Tobacco-Free Me* program at [assethealth.com/matrix](http://assethealth.com/matrix) or by calling 1-855-444-1255.

Login Information:      6 digit employee ID #.  
For spouses add an "S" to the end of the employees ID# (6 digits 000000s)  
Password: DOB (mmddyyyy)

The *Tobacco-Free Me* program is a 6-month course that requires completion by employee and spouse in order to avoid the 10% surcharge. Since this program takes six months to complete, employees and spouses must enroll in the program by January 31, 2017 to meet the deadline of July 1, 2017 when the surcharge is effective.

### Program Overview:

This is a coach-guided program comprised of the following components:

- Six telephone calls with your coach (each lasting about 30 minutes)
- Online courses (each taking 15 to 30 minutes to complete)
- Articles to read and understand

It is important to keep up; each assignment leads into the next. You must complete ALL required telephone calls and /or articles and online courses to complete the program and earn your incentive.

### Coach-Guided Program:

Since this program is a telephonic coaching program, Asset Health needs up-to-date information to ensure your coach can contact you. Please make sure your contact settings are current. You can call or enroll online. Once enrolled, Asset Health will reach out to you with a dedicated assigned coach.

**Note:** If you indicated on your Tobacco Affidavit in 2016 that you are not a tobacco user, but become a tobacco user during this program year and acknowledge that you are a tobacco user in April/May 2017 when new tobacco affidavits are distributed, the 10% Tobacco Surcharge will apply on your first payroll check July 1, 2017. The *Tobacco-Free Me* program will be available yearly to give our employees and spouses the opportunity to participate in the coaching program prior to being charged the 10% surcharge.