



Save your brain. And your lungs, too. Stop vaping.

Vapes have nicotine, the same addictive drug found in cigarettes. Nicotine changes the way your brain works. It affects the parts of your brain that helps you pay attention and learn and remember things. And it's as addictive as cocaine and heroin.

Vaping can also cause popcorn lung. This may sound kind of cool, but having unfixable lung damage at any age is not. Popcorn lung is a lung disease that can be found in vape flavors. Other metals like aluminum, tin and nickel are also found in vapes. These harmful particles can also get into your lungs.

The bottom line is that vaping is not safe for kids, young adults, pregnant women or adults not currently using tobacco products.



See your doctor, it's important.

- Visit your doctor to get advice and medicines that can help you quit.
- You can talk to your doctor about your overall health.
- Together, you can start or update your plan to quit.



This visit is covered by UnitedHealthcare.

- See your in-network primary care provider (PCP) for this visit.
- Your PCP is the main doctor you see for most of your care.
- Remember to bring your member ID card to the visit..



Get help with your appointment.

- From scheduling your next checkup appointment to finding a doctor, count on us to help you get the care you need, as soon as you need it.
- Call **Member Services at <1-XXX-XXX-XXXX, TTY 711>, [<Monday – Friday>, <8 a.m. – 6 p.m.>,]** for help making an appointment or finding a PCP.

See the back side to learn more.



Round	Team	Project Details	Specifications
1 UHC_CS	Copy: Blake Base Design: Mike Production: Lisa Mkt Mgr: Kelly Job: 27718	Software: InDesign CC2018 File Name: CST27718A_NT19_TK_Vaping.indd RGL: Project Notes:	Color(s): 4/4 Bleed: none Flat: 8.5x11



What to expect at the visit.

1. Your doctor will check how your heart and lungs are doing.
2. During the visit, let your doctor know about any of your health concerns. Having a discussion can help get your worries off your mind.
3. Bring your medications to your appointment. This visit is a good time to review medications.



More ways we can help.

- [**NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call <1-XXX-XXX-XXXX>, TTY 711.]
- [**Quitting tobacco.** Coaches and supplies to help you quit using tobacco.]
- [**Need a ride?** We provide rides to and from medical visits.]

<myuhc.com/CommunityPlan>



UnitedHealthcare complies with all Federal civil rights laws that relate to healthcare services. UnitedHealthcare offers healthcare services to all members without regard to race, color, national origin, age, disability, or sex. UnitedHealthcare does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. This includes gender identity, pregnancy and sex stereotyping.

UnitedHealthcare also complies with applicable state laws and does not discriminate on the basis of creed, gender, gender expression or identify, sexual orientation, marital status, religion, honorably discharged veteran or military status, or the use of a trained dog guide or service animal by a person with a disability.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call 1-877-542-8997, TTY 711, Monday through Friday, 8:00 a.m. to 5:00 p.m.

ATENCIÓN: Si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

Source: therealcost.betobaccofree.hhs.gov/; cdc.gov

© 2020 United HealthCare Services, Inc. All rights reserved.
100-CST27718A 1/20

Round	Team	Project Details	Specifications
1 UHC_CS	Copy: Blake Base Design: Mike Production: Lisa Mkt Mgr: Kelly Job: 27718	Software: InDesign CC2018 File Name: CST27718A_NT19_TK_Vaping.indd RGL: Project Notes:	Color(s): 4/4 Bleed: none Flat: 8.5x11