



## HEALTHY BEHAVIORS REWARDS PROGRAM

### CHOOSE YOUR SUPPORT GROUP FOR THE QUIT SMOKING AND WEIGHT LOSS HEALTHY BEHAVIORS REWARDS PROGRAMS

You are joining one of our Healthy Behaviors Rewards Programs!

Does your Promise Form ask you to choose a support group? ✓ You can choose one of these support groups for your program. Add the name of the group to your Promise Form.

#### Quit Smoking and Using Tobacco Healthy Behaviors Rewards Program

Tobacco Free Florida	<ul style="list-style-type: none"> <li>• <a href="http://www.quitnow.net/florida">www.quitnow.net/florida</a></li> <li>• <a href="http://www.tobaccofreeflorida.com">www.tobaccofreeflorida.com</a></li> <li>• <a href="http://www.tobaccofreeflorida.com/teens">www.tobaccofreeflorida.com/teens</a></li> <li>• Florida Quit Line: 1-877-U-CAN-NOW (1-877-822-6669) to talk to a Quit Coach®</li> </ul>
Area Health Education Center	<ul style="list-style-type: none"> <li>• AHEC I Quit face-to-face classes in the local communities: <a href="http://www.ahectobacco.com">www.ahectobacco.com</a></li> <li>• or call 1-87-QUIT-NOW-6 (1-877-848-6696)</li> </ul>

#### Weight Loss Healthy Behaviors Rewards Program

Weight Loss	<ul style="list-style-type: none"> <li>• Choose My Plate: <a href="https://www.supertracker.usda.gov/default.aspx">https://www.supertracker.usda.gov/default.aspx</a> or call 1-888-779-7264</li> <li>• Select a weight loss support program in your community. Tell us what it is on your Promise Form. Ask your doctor for ideas.</li> </ul>
Exercise	<ul style="list-style-type: none"> <li>• Select an exercise program offered in your community. Tell us what it is on your Promise Form. Ask your doctor for ideas.</li> </ul>

Do you have a different weight loss support program?

Do you have a gym membership?

Do you know about a community exercise program (at your church, hospital, or youth center)?

**Call us with your questions.**

We are here for you. Call us at 1-877-577-9043

Or send us an email at [HealthyBehaviors@simplyhealthcareplans.com](mailto:HealthyBehaviors@simplyhealthcareplans.com)



*This information is available for free in other languages. Please call our Member Services Department at 1-877-577-9043. TTY users should call 711 Florida Relay for assistance in reaching our Member Services Department. Our office hours are 8:00 a.m. to 7:00 p.m., Monday to Friday.*