

# A Healthy Move for You

## Oncor Encourages You to Quit

Oncor's Live Well Program is designed to help you achieve overall physical and financial wellbeing. The Tobacco Cessation Program is a part of our efforts to promote healthy living and to manage higher costs associated with tobacco-related behaviors.

If you or your spouse use tobacco and are enrolled in an Oncor medical option, you will pay a tobacco surcharge (\$600/person/year or \$50/person/month), unless you complete one of the program options described below.

### ONCOR CONSIDERS THESE TO BE TOBACCO PRODUCTS (not limited to the following)

Cigarettes	Cigars
e-Cigarettes/Vaping	
Cigarillos	Pipes
Chewing Tobacco	
Snuff	Dip
Loose Tobacco Smoked via Pipe or Hookah	

### What Are Your Tobacco Cessation Options?

- If you or your spouse use tobacco products and are enrolled in an Oncor medical option, you may complete a free Tobacco Cessation Program to waive the tobacco surcharge. If you are unable to participate in Oncor's free Tobacco Cessation Program, you can use a reasonable alternative standard, including one recommended by your doctor, in order to waive the surcharge. Log in to the *Navigate* portal at [oncorlivewell.com](http://oncorlivewell.com), call **1.888.596.6750**, or email [info@oncorlivewell.com](mailto:info@oncorlivewell.com) for more information about obtaining a reasonable alternative standard.
- If you or your spouse stop using tobacco, ask your physician to attest that you have been tobacco-free for six months. Once you submit a Tobacco Cessation/Physician Affidavit to Oncor, the program requirement will be waived and the surcharge will no longer apply.

### How to Waive the Surcharge?

Complete the *Tobacco Cessation/Physician Affidavit* and submit it to *Navigate* with:

- Appropriate documentation of tobacco cessation completion, OR
- Physician signature.

The tobacco surcharge on your medical premiums will stop as soon as administratively possible (up to three pay periods). The medical surcharge will not be retroactively refunded. **Note: The tobacco-user premiums for the Critical Illness and Life Insurance will not change.**

Find details on the **Tobacco Cessation Program** and the **Physician Affidavit** on the **Oncor Intranet** at **LiveWell > Benefits > Medical** or [oncorbenefits.com/ee](http://oncorbenefits.com/ee) under the **Menu**, then **QuickLinks**.

### Available Tobacco Cessation Programs

- ▶ **Blue Cross and Blue Shield of Texas Participants: 1.877.213.6898** or [www.bcbstx.com](http://www.bcbstx.com)
- ▶ **Quit For Life® through American Cancer Society: 1.866.784.8454** or [quitnow.net](http://quitnow.net)
- ▶ **Tobacco Cessation Video Course through Navigate: 1.888.596.6750** or [oncorlivewell.com](http://oncorlivewell.com)

**EACH YEAR** the American Cancer Society sponsors the Great American Smokeout on the third Thursday in November. Take a big step toward living a healthier life and reducing your cancer risk by participating.

Get resources and support from the American Cancer Society at [cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html](http://cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html).