



BRICKLAYERS & ALLIED CRAFTWORKERS LOCAL #2, NY HEALTH BENEFIT FUND

**You will be entitled to a 10% discount on your
2021 health & prescription premium if you:**

1. Certify in writing to the Fund Office that you do not use tobacco products (below); or
2. Enroll in and complete the Tobacco Cessation Program offered through HMC. Like the HMC Health Management Program, the HMC Tobacco Cessation Program is offered at no cost for you and your eligible dependents. The contact number for the program is 1-844-751-4531.
3. All members must re-certify annually at the beginning of each calendar year to continue receiving the 10% discount.

This applies to all family members, 18 years and older who are insured with the Health Fund. Additional forms may be found and downloaded from the Funds website www.bac2funds.com

Tobacco Declaration

All family members (18 years and older) who are insured BAC Local #2 Health Fund must complete this declaration to receive the 10% discount.

I am tobacco-free! I certify that I **have not** regularly* used tobacco (i.e. smoked cigarettes, electronic smoking devices, cigars, pipes, or used chewing tobacco, smokeless tobacco, or any other form of tobacco) within the past 90 days.**

I am **not** tobacco-free – but I have enrolled in the HMC Tobacco Cessation Program and I'm attaching the appropriate documentation.

First Name

Last Name

Date (mm/dd/yy)

Signature

Last 4 SSN

I hereby certify that the above statement is true and correct. I understand that a false statement may affect my right to benefits under the Plan and could result in a retroactive premium increase of 10%.

**Regular tobacco use is defined as smoking cigarettes, electronic smoking devices, cigars, pipes, or using chewing tobacco, smokeless tobacco, or any other form of tobacco at least once per week.*

***If, at any time in the future, you begin regular use of tobacco products, you must notify the BAC Local #2 Health Fund.*

- Did you know that every day, almost 1,200 Americans die from smoking?
- Smokers are about twice as likely as non-smokers to die from cancer, and three times as likely to die from heart attacks.
- When you quit tobacco, your health begins to improve in as little as 20 minutes, as your blood pressure and temperature return to normal.
- One year after quitting, your increased risk of heart attack is cut in half.



Smoking Cessation Program

The smoking cessation program offered by HMC HealthWorks, involves looking at the participant as a whole, not just a smoker/tobacco user. Wellness coaches work directly with the participant to determine their readiness to quit, and assist in helping the participant to set SMART goals to help accomplish their goal. Calls are set in 30-minute increments, with 15-20 average talk time. Calls can be set at any interval, depending upon participant need, but are no less than monthly.

During the first 1-2 calls, a complete health history is taken, including tobacco use history. The participant's readiness to quit is also determined. After their second call with HMC, we will send them a letter thanking them for joining the program.

The Healthwise Library that is provided for you on the HMC portal contains topics such as, "how to quit", "determining and avoiding triggers", "how to stay smoke/nicotine free", as well as addressing the impact of nicotine use on health and current conditions. Coaches will use these articles and videos to help the participant attain their goal. Ongoing coaching support will continue as long as the participant needs or the participant reaches his/her goal. Participants will stay engaged with their coach until they have either met their goals or are not smoking. There is no given timeframe to smoking cessation. It is individualized to meet the participant where they are.

A participant is considered engaged as long as appointments are kept and the participant is taking steps toward their ultimate goal.

If there are any appeals, they will be sent to the Fund. The Fund can then request participant information and documentation.