Tobacco Cessation Support Program

Did you know... It takes an average of seven tries to successfully quit using tobacco. Simply try again to get one step closer to a healthier you!

Why should you quit?
- Quitting tobacco decreases your risk for cancer, heart disease and lung diseases such as emphysema.
- You will have more energy and breathe easier.
- You can reduce your loved ones’ risk for health problems created by second-hand smoke.
- You can save money.

Sign up for the FREE and CONFIDENTIAL Tobacco Cessation Program today!

You will work with your personal Health Solutions Health Coach through the following lessons:

| Lesson 1: It’s Possible to Quit Studying your habit | Lesson 7: Maintaining Success Incorporating positive lifestyle changes |
| Lesson 2: Figuring It Out Making a Plan | Lesson 8: It’s a Celebration Graduation & Relapse prevention |
| Lesson 3: Let’s Get Motivated Evaluating your reasons | Lesson 9: Maintenance Session 1 Stay tobacco free |
| Lesson 4: It’s Time to Quit Recovery & Planning for urges | Lesson 10: Maintenance Session 2 Stay tobacco free |
| Lesson 5: Recovery & Support Benefits of quitting & coping strategies | Lesson 11: Maintenance Session 3 Stay tobacco free |
| Lesson 6: Tobacco Free You Managing your weight/Staying tobacco free | Lesson 12: Maintenance Session 4 Stay tobacco free |

We hope you take advantage of this FREE program paid entirely by Heartland Co-op. Please remember that Heartland Co-op’s medical plan covers Nicotine Replacement Therapy prescription drugs at 100% (does not apply to the HDHP/HSA plan). Over the counter drugs are not covered. All prescriptions do require a physician’s script so please notify your primary care provider. You are not required to enroll in the coaching sessions to receive the Rx coverage. You may seek treatment from your physician directly, but co-payments and extra charges are not covered by Heartland.

Health Solutions’ appointments are scheduled over the phone for 30 minutes each and occur weekly. To register, complete the consent form on the back and contact Health Solutions to schedule!

Health Solutions | (319) 440-0800 | info@hsi-rx.com
Heartland Co-op Tobacco Cessation Program
Informed Consent and Release of Liability

By signing this document, I acknowledge that I have voluntarily chosen to participate in the Heartland Co-op Tobacco Cessation Program made available by Heartland Co-op and provided by Health Solutions LLC which can provide me the opportunity to successfully quit using tobacco products.

I acknowledge that by participating in this program there is no guarantee of my successful termination of tobacco product usage.

I acknowledge that I may experience some level of physical and/or emotional symptoms of recovery which may include but are not limited to weight gain, stress, headache, sleep disturbances, cough, sore throat, dry mouth, fatigue, anxiety and irritability.

By signing this document, I assume all risk for my health and well-being related to the Heartland Co-op Tobacco Cessation program and that any questions regarding the program, outcomes and/or symptoms of recovery are encouraged and welcomed.

By signing below, I acknowledge the following:

- I have reviewed and accept the Terms and Conditions included on the following pages.
- All sessions must be completed in consecutive weeks.
- If I must miss a scheduled session, it is my responsibility to contact my coach to make up the missed session prior to my next scheduled session.
- If I do not contact my coach to complete a missed session, then I will be dismissed.
- If I have been dismissed from the program and I would like to restart, I will need to begin back at week one.
- This program is being offered to me at no cost by Heartland Co-op.

This Informed Consent and Release shall be ongoing and effective for as long as I participate in the Heartland Co-op program.

I have carefully read this Informed Consent and Release of Liability and I fully understand its terms.

____________________________________
Name (Please Print)

___________________________________
Signature

___________________________________
Date

If you have questions, contact Health Solutions Customer Care at 319-440-0800 or by email at info@hsi-rx.com.
Terms & Conditions

Please carefully review the following Agreement which contains the Privacy Policy and Terms of Use. The Agreement addresses the services provided, privacy, confidentiality, and copyright issues related to your use of the Health Solutions, LLC (HSI) myhealthywithhsi.com (the Site).

**TERMS OF USE The Service** The Site and all services and content contained thereon is offered to you upon completing your registration. You must provide any equipment, including a computer or other web device and modem, necessary to establish a connection to the Internet; provide for your own access to the Internet; and pay any service fees associated with such access. Health Solutions, LLC (HSI) and Protocol Driven Healthcare, Inc. (PDHI) (together called the Business Affiliates) have worked together to provide this site to you and for your use.

This is a voluntary employer sponsored program, that may include a health screening and health risk assessment questionnaire. If desired, you can request a reasonable alternative.

**Medical Disclaimer** The Site is not being used to make diagnoses, administer treatment, prescribe medications, or order tests. The information and interactive tools contained on the Site are provided to promote wellness and help you participate with your wellness coach and your healthcare provider in the improvement of your health or the self-management of your disease.

The Site is not a replacement for the relationship you have with your healthcare provider. Any information provided is not medical advice and should not be substituted for regular consultation with your health care provider. If you have any concerns about your health, please contact your healthcare provider’s office immediately.

**PRIVACY POLICY** The privacy of your personal health information (PHI) and personal identifiable information (PII) is a key concern for all. We take this responsibility very seriously and have taken steps to ensure that your health information will be protected and kept private and confidential. To help ensure privacy of your data, never share your username and password with anyone who you do not want to access your data.

HSI is required by the Health Insurance Portability and Accountability Act of 1996, the Health Information Technology for Economic and Clinical Health Act which is part of the American Recovery and Reinvestment Act of 2009 and other applicable federal and state laws to maintain the privacy of Personal Information that we hold, develop, or receive from other sources. We are also required to provide you access to this policy about our privacy practices, our legal duties, and your rights concerning your medical information. We must follow the privacy practices that are described in this policy while it is in effect. Any Personal Information collected through this Site will be confidential and will not be disclosed without your expressed permission except as required or authorized by law, or as described in this Privacy Policy.

This Privacy Policy is in addition to our general Terms of Use, both of which we urge you to read. By using the Site, you agree to be bound by the terms of this Privacy Policy and by our Terms of Use. Use of the Site means the entry of any information provided by you and includes such things as the initial registration and first logon process, hitting “Submit” upon completing an HRA, enrolling in a wellness program, communicating with a health coach or recording medication usage in a personal health record.

**What We Will and Will Not Do with the Information Provided to Us** We respect your privacy by treating all data that we receive from you as confidential. We use and disclose Personal Information for healthcare operations and only authorized employees of Business Affiliates may access your Personal Information to perform these services.

Your information is used to:

- Provide easy access every time you reenter the Site without requiring reentry of registration information.
- Provide health improvement programs, services, and information that is most relevant to your needs based on the health data entered by you or loaded from external sources.
- Operate and track wellness program progress and manage and fulfill incentive programs.
- Coordinate the delivery by various wellness program vendors of services such as health assessments, health screenings, health coaching and health education.
- Provide referrals for you to other health related providers and services.

We will never release, sell, rent, or otherwise provide any Personal Information on any users to any third party other than those identified in this section, unless: (1) you expressly tell or permit us to disclose such information or (2) we believe in good faith that we must do so to comply with legal requirements such as laws, regulations, search warrants, subpoenas or court orders.
Terms & Conditions Continued...

We take precautions to protect your Personal Information from loss, misuse, unauthorized access or disclosure, alteration, or destruction. All Personal Information is stored on a secured server protected from unauthorized access by a firewall and an access control system. We will not destroy information about you when your access to the Site is terminated. However, the policies and procedures outlined in this policy continue to apply to protect the information of former users.

**Aggregate Data** By using the Site, you agree to allow the data that you provide to us to be collected and combined with data we get from other users, on an anonymous basis. We reserve our right to use all of the data to produce non-personal, aggregate statistical information (Aggregate Data). We reserve the right to use, maintain, and update Aggregate Data. We use Aggregate Data to, among other things, assess general usage trends and other patterns of use of the Site. We agree to protect your privacy by removing all personal identifiers from any Aggregate Data. We may use Aggregate Data for any legal purpose, and we may share Aggregate Data with business associates for research and product development purposes, but we will never provide that data in a format that identifies individuals.

**Confidentiality on the Internet** Use of the Internet is solely at your own risk and is subject to all applicable local, state, national, and international laws and regulations. We take measures to protect the security of your Personal Information and to ensure that your choices for its intended use are honored. However, we cannot guarantee the confidentiality of any communication or material transmitted to us over the Internet. We are not responsible for the security of any information transmitted via the Internet.

**Security of Site** Actual or attempted unauthorized use of the Site may result in criminal and/or civil prosecution. For your protection, Business Affiliates reserve the right to view, monitor, and record activity on the Site without notice or permission from you. Any information obtained by monitoring, reviewing or recording is subject to review by law enforcement organizations in connection with investigation or prosecution of possible criminal activity on the Site.

**How Secure is the Information?** Any unauthorized use of our site may result in criminal and/or civil prosecution. We have policies and procedures in place to protect the privacy and confidentiality of the user information that we collect and maintain. All personally identifiable user information is stored on our secured servers, behind a firewall at a data center. Access to data is strictly controlled with usernames and passwords. To help ensure the privacy of your data, you should never share your username and password with anyone. We also strongly recommend that you change your password frequently and store it in a safe place.

**Contacting our Privacy Officer** If you have any questions about your privacy rights, please write to or call our Privacy Officer at:

Privacy Officer
Health Solutions, LLC
151 5th Ave SE Suite 500
Cedar Rapids, Iowa 52401 USA
Telephone: 888-362-5920

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Neither HSI or any of its agents, directors, employees, proprietors, PDHI, partners, representatives, shareholders, servants, attorneys, successors and assigns will be liable for any indirect, incidental, special or consequential damages (including but not limited to lost profits and damages that result from inconvenience, delay or loss of use of the services provided at the Site) arising out of use of the Site, or the information contained on the Site, even if HSI have been advised of the possibility of such damages or losses. You hereby acknowledge that the provisions of this section will apply to your use of the Site and all content and information contained in the Site.

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