

# Quit For Life® COVID-19 Text Blocks

With COVID-19, smokers are among those who may be at a higher risk for severe illness vs non-smokers, according to the CDC. To help employers support their employees, we've created messaging (character counts included) for use in member communications (for example, newsletters, intranet sites, etc).

## 35

With COVID-19, smokers are among those who may be at a higher risk for severe illness vs non-smokers, according to the CDC. Join Quit For Life<sup>®</sup>. Quitting tobacco may offer immediate benefits for anyone, anytime.

### 61

We understand that COVID-19 may be troubling for people or make them feel anxious, including those who smoke. Smokers may be among those who may be at a higher risk for severe illness vs non-smokers with COVID-19, according to the CDC. The good news is that quitting tobacco may offer immediate benefits for anyone, anytime. For support, join Quit For Life<sup>®</sup>.

## 63 with Mobile App Language

With COVID-19, the initial information is troubling for many people, including those who smoke. Smokers may be among those who may be at a higher risk for severe illness vs non-smokers with COVID-19, according to the CDC. The good news is that quitting tobacco may offer many immediate benefits for anyone, anytime. For support, download the Quit For Life® app and enroll today.

## **76**

With COVID-19, the initial information is troubling for many people, including those who smoke. Smokers, including people who use vapes, may be among those at a higher risk for severe illness vs non-smokers with COVID-19, according to the CDC. The good news is that quitting tobacco can offer many immediate benefits for anyone, anytime.

For support, join Quit For Life® today. You can work 1-on-1 with a Quit Coach® for support, connect with online tools and more.

## 80 With Mobile App Language

With COVID-19, the initial information is troubling for many people, including those who smoke. Smokers, including people who use vapes, may be among those at a higher risk for severe illness vs non-smokers with COVID-19 according to the CDC. The good news is that guitting tobacco can offer

many immediate benefits for anyone, anytime.

For support, download the Quit For Life® mobile app enroll today. You can work 1-on-1 with a Quit Coach® for support, connect online tools and more.

#### Sources

American Lung Association. Lung Health & COVID-19 FAQ. Accessed: 4/14/20. https://www.lung.org/lung-health-diseases/lung-disease-lookup/covid-19/faq

American Lung Association. Benefits of Quitting. Accessed: 4/13/20. https://www.lung.org/quit-smoking/i-want-to-quit/benefits-of-quitting

Centers for Disease Control: Groups at Higher Risk for Severe Illness. Accessed: 4/13/20. https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/groups-at-higher-risk.html

World Health Organization: Q&A on Smoking and COVID-19. Accessed: 4/13/20. https://www.who.int/news-room/g-a-detail/g-a-on-smoking-and-covid-19

The Quit For Life Program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life Program does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.



11000 Optum Circle, Eden Prairie, MN 55344

Optum® is a registered trademark of Optum, Inc. in the U.S. and other jurisdictions. All other brand or product names are the property of their respective owners. Because we are continuously improving our products and services, Optum reserves the right to change specifications without prior notice. Optum is an equal opportunity employer.