

# COVID-19

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## Quit For Life<sup>®</sup> COVID-19 FAQ

Updated July 15, 2020

### What is coronavirus (COVID-19)?

Coronaviruses are a family of viruses that can cause illness in both animals and people. The 2003 SARS outbreak, also known as Severe Acute Respiratory Syndrome, is a well-known coronavirus. In January of 2020, the World Health Organization (WHO) announced a new coronavirus outbreak, now called COVID-19, which was first detected in China. While it is still too early to fully understand COVID-19, our number-one priority is to support the health and safety of our team members and patients.

### What is the Optum Quit For Life team doing to address COVID-19 concerns?

The Optum Quit For Life team is closely following the guidance and protocols issued by the Centers for Disease Control and Prevention (CDC) and state and local public health departments in supporting our customers' needs. We are also closely monitoring developments with the COVID-19 pandemic, and have teams of clinical and operational experts working around the clock.

Since lowering risk is so important for your participants, Optum is committed to providing the most up-to-date information on how smoking may impact health in the face of the COVID-19 pandemic. Monitoring research and recommendations from experts from the CDC, World Health Organization and the NIH will continue to be a high priority.

We understand that this is a rapidly evolving situation and Optum is doing everything possible to support the health of those we are privileged to serve.

### Know the risks of smoking and COVID-19

While much is still unknown about the COVID-2019 disease, risk factors include advanced age as well as chronic lung disease, diabetes and chronic kidney disease, among other conditions. Importantly, people who smoke might be at an increased risk for severe illness from COVID-19. Smoking tobacco is well known to be a significant risk factor for the development of chronic lung and heart problems. This means that it's more important than ever to think about becoming free of tobacco.

### Quit For Life Commitment

Quit For Life is committed to promoting a tobacco-free life through our tools and one-on-one supports. Quit For Life uses an evidence-based combination of physical, psychological and behavioral strategies to help participants overcome their addiction to tobacco. A critical mix of phone-based coaching, text messaging, online learning, medication and support tools produces an average quit rate of 51 percent. Quit For Life call centers are open 24/7.

The information and therapeutic approaches in this article are provided for informational and/or educational purposes only. They are not meant to be used in place of professional clinical consultations for individual health needs.

### Resources:

The U.S. Centers for Disease Control and Prevention (CDC) is the primary source for the latest updates on COVID-19. For the most current information, please visit their site: <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

#### Risk/complication:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

#### Interim guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-guidance-management-patients.html>

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### For more information, please contact:

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