

Making Your Tobacco Election



You need to **TAKE ACTION** during your benefits enrollment period and make your Tobacco-free Pledge for you and your covered dependents. Otherwise, you will be assigned to “Yes, currently use tobacco products” and will pay the surcharge in 2024.

Tobacco products include: cigarettes, cigars, pipes, e-cigarettes, hookahs, chewing tobacco and dissolvables.

Your Tobacco Election Options



The biweekly tobacco surcharge is:

Who You're Covering	Biweekly Tobacco Surcharge
Employee Only or Spouse/Domestic Partner Only	\$19.23
Employee + Spouse/Domestic Partner	\$38.46

Questions About Your Tobacco Election? Call the LSC Benefits Center at **1-888-681-2241**, Monday – Friday, 8:00 a.m. – 5:00 p.m. CT



Continued

Updated for January 1, 2024

Avoid a Retroactive Tobacco Surcharge

If you elect “Cessation program” during the benefits enrollment period for your 2024 LSC benefits, this means:

- You and/or your spouse are tobacco users; **and**
- You and/or your spouse agree to complete the Quantum Health Wellbeing tobacco cessation program sometime between January 1, 2024 and November 30, 2024.

Since you and/or your spouse agree to complete the program, the tobacco surcharge (see page 1) will NOT be applied to your medical premium in 2024, and you will receive the tobacco-free credit.

To start the program, call **1-844-460-2803**.

IMPORTANT

If you and/or your spouse do not complete the tobacco cessation program between January 1, 2024 and November 30, 2024, **the full tobacco surcharge for you and your spouse will be deducted from your paychecks in 2025.** (If you have not been employed with LSC Communications for the entire 2024 calendar year, the surcharge will be prorated.)

We receive confirmation when the tobacco cessation program is completed, and we will send you notices throughout the year if the program has not yet been completed.

NOTE: Participation in any tobacco-cessation program offered through carelonwellbeing.com/LSC, Carelon or another program will not be accepted.* You and/or your spouse must complete the Quantum Health Wellbeing tobacco cessation program to avoid a retroactive surcharge in 2024.

How the Quantum Health Program Works

The Quantum Health Wellbeing tobacco cessation program can help you overcome the psychological and physical addiction to tobacco use. The program recognizes there is not a one-size-fits-all approach and provides you access to:

- Telephone-based coaching
- Online courses (with chance to earn points to redeem for merchandise)
- Online support community
- Nicotine-replacement therapy



All Quantum Health Wellbeing coaches have a degree in a related discipline.

**If you think you might be unable to meet the program's requirements for avoiding a surcharge, you may be able to qualify by different means; please contact Quantum Health to work with them and, if you wish, your physician.*

DID YOU KNOW? The average person tries five to seven times before he or she quits forever. The good news is that with the help of the Quantum Health Wellbeing tobacco cessation program, you can do it.

To sign up for the tobacco cessation program: Call **1-844-460-2803**.