

UnitedHealthcare Community Plan of KY

Tobacco and Vaping Data Review

July 1st, 2026



Tobacco Use in 2025

18 years and under

Gender	Distinct Members
F	142
M	139
Grand Total	281

Secondhand Smoke Exposure	
Age Bands	Distinct Members
0-5	120
06-12	58
13-17	105
Grand Total	281

Regions	Distinct Members
Region 1	14
Region 2	15
Region 3	56
Region 4	34
Region 5	103
Region 6	21
Region 7	16
Region 8	22
Grand Total	281

Top 20 Counties

Member County	Distinct Members
FAYETTE	46
JEFFERSON	26
HARDIN	15
JESSAMINE	14
KENTON	10
MADISON	8
WHITLEY	6
BOONE	6
BARREN	6
WOODFORD	6
PULASKI	5
WARREN	5
HENDERSON	5
BOURBON	5
MCCRACKEN	4
ROCKCASTLE	4
HOPKINS	4
BOYD	4
BULLITT	4
LAUREL	4
Grand Total	187





Tobacco Cessation Member Calls

Tobacco Cessation PIP



Community Outreach via Community Engagement Representatives

Community Education, Member Newsletter



Nurse Line

24/7 Access to a Registered Nurse



UHC Doctor Chat

Talk with a doctor online 24/7 for non-emergency care



Smoking Cessation Support

Call toll-free, 1-800-QUIT-NOW (1-800-784-8669), TTY 711. Or visit quitnowkentucky.org.



Vaping Informational Flyer

Stop vaping

Save your brain. And your lungs, too.

Vapes have nicotine, the same addictive drug found in cigarettes. Nicotine changes the way your brain works. It affects the parts of your brain that helps you pay attention and learn and remember things. And it's as addictive as cocaine and heroin.

Vaping can also cause popcorn lung. This may sound kind of cool, but having unfixable lung damage at any age is not. Popcorn lung is a disease caused by a chemical in vape flavors. Other metals like aluminum, tin and nickel are also found in vapes. These harmful particles can also get into your lungs.

The bottom line is that vaping is not safe for kids, young adults, pregnant women or adults not currently using tobacco products.



See your primary care provider (PCP); it's important

- Visit your PCP to get advice and medicines that can help you quit.
- You can talk to your PCP about your overall health.
- Together, you can start or update your plan to quit.



This visit is covered by UnitedHealthcare

- See your in-network PCP for this visit.
- Your PCP is the main doctor you see for most of your care.
- Remember to bring your member ID card to the visit.



Get help with your appointment

- From scheduling your next checkup appointment to finding a PCP, count on us to help you get the care you need, as soon as you need it.
- Call Member Services at **1-866-293-1796**, TTY **711**, 7 a.m.–7 p.m. ET, Monday–Friday, for help making an appointment or finding a PCP.

Stop vaping



What to expect at the visit

1. Your PCP will check how your heart and lungs are doing.
2. During the visit, let your PCP know about any of your health concerns. Having a discussion can help get your worries off your mind.
3. Bring your medications to your appointment. This visit is a good time to review medications.



More ways we can help

- **NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call **1-800-985-3856**, TTY **711**.
- **Quitting tobacco.** Coaches and supplies to help you quit using tobacco.



Smoking Cessation Informational Flyer

Quit smoking

Make an appointment with your primary care provider (PCP) today

Quitting smoking is hard. But it's worth it. You may be able to save up to \$2,000 every year. And you can also save your life.



See your PCP; it's important

- Visit your PCP to get advice and medicines that can help you quit.
- You can talk to your PCP about your overall health.
- Together, you can start or update your plan to quit.



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Quit smoking



Other important steps for your health

- Know your health risks as a smoker.
- Talk to your family, friends and co-workers to get their support.
- Ask people not to smoke around you or leave cigarettes where you can see them.
- Vaping, or smoking e-cigarettes (also known as vape pens, mods and e-cigs), is not safe for kids, young adults, pregnant women or adults not currently using tobacco products.
- Besides nicotine, e-cigarettes may have ingredients in them that can harm your body.



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Quit Now Brochure

You Can Quit • We Can Help

Breathing secondhand smoke is dangerous for your child.

More than 300,000 children suffer each year from infections caused by tobacco smoke, including bronchitis,



Smoking and Diabetes

Smoking makes diabetes harder to control. Smokers with diabetes have higher risks for serious complications,



- Heart and kidney disease
- Amputation
- Blindness, and
- Nerve damage that may cause numbness, pain, weakness, and poor coordination.

The health benefits for people with diabetes who stop smoking begin immediately. Diabetics who quit smoking have

Quit Now

People who quit do it for their own personal reasons. What are yours?

- I want more years with my family.
- I want fewer sick days and lost wages.
- I want to be a better role model.
- I am tired of standing outside to smoke.
- I want to spend my money on something else.



Now is the time to quit smoking! No one can make you quit, and no one can do it for you. Even if you have smoked for many years, you **CAN** quit. For more information, go to:

www.QuitNowKentucky.org

You will receive **FREE**:

- Support from an experienced quit coach
- A personalized quit plan and self-help materials
- The latest information about medications that can help you quit
- Text messaging
- Social support available online
- Proactive email support
- Specialized support for pregnant or postpartum women

Participants who use Quit Now Kentucky are more likely to succeed than those who try to quit on their own. Take control of your tobacco dependence and Quit Now

"Each call revved me for the next week and kept me feeling positive about what I was doing."

Department for Public Health
Tobacco Prevention and Cessation Program

Telephone: 502-564-9358



U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. CDC, OSH 2010.



1 - 800 - QUIT - NOW

1 - 855 - DÉJELO - YA

www.QuitNowKentucky.org



TOBACCO CESSATION
FEATURING:

- Free Coaching Support
- Multilingual Services
- Pregnancy/Postpartum Protocols



Phone



Web



Text