



Tobacco-Free Discount

If you're tobacco free and enrolling in medical coverage for the first time or during Annual Enrollment, indicate your non-tobacco user status to pay non-tobacco user premiums for medical coverage. You'll also pay lower rates for the critical illness supplemental benefit and life insurance.

Indicating Your Tobacco Status during Enrollment

- **Online**
 - Go to [Workday \(https://wd5.myworkday.com/wday/authgwy/tru/login.html?returnTo=%2fttru%2fd%2fhome.html\)](https://wd5.myworkday.com/wday/authgwy/tru/login.html?returnTo=%2fttru%2fd%2fhome.html) > "R"Benefits button> Manage Benefits & View Payroll
 - Complete the "Tobacco Use Questionnaire"
- **Phone**
 - Call 844-TRU-BENS
 - A "R"Benefits Service Center rep will ask and record your status.

NOTE: This pledge/premium reduction is not available to Hawaii team members. The medical rate shown during enrollment is the tobacco-free premiums.

Annual Tobacco-Free Pledge

Non-Tobacco Users

Select **"No"** if you have not used tobacco products (Includes cigarettes, cigars, and chewing tobacco; Excludes e-cigarettes) in the last six months and will not use tobacco products for the next year.

Tobacco Users

If you are a current tobacco user, you can select:

- **"Yes"**

-OR-

- **"Yes, however, I agree to participate in the smoking cessation program offered through "Quit for Life", qualifying me for the Tobacco-free discount upon completion."** if you're interested quitting and enrolling in a tobacco cessation program.

The Company offers a [tobacco cessation program \(/health-wellness-insurance/wellness/tobacco-cessation-program/\)](/health-wellness-insurance/wellness/tobacco-cessation-program/). **If you're enrolled in Toys"R"Us medical coverage and complete 5 calls with your Quit Coach, you'll be eligible for the tobacco-free discount on your medical premiums!**

The tobacco user rate will not be applied to your applicable premiums until you complete the Quit for Life program.

NOTE: Any team member who knowingly makes a false election regarding tobacco usage may be subject to disciplinary action up to and including termination of employment.

Health and Wellness Discounts

Are you taking advantage of the various discounts offered on numerous health services and products? Click [here \(/health-wellness-insurance/wellness/health-and-wellness-discounts/\)](/health-wellness-insurance/wellness/health-and-wellness-discounts/) for more details.

Personal Health Advocate

Learn about the personalized health care services offered to you and your family through the [Personal Health Advocate \(/health-wellness-insurance/wellness/personal-health-advocate/\)](/health-wellness-insurance/wellness/personal-health-advocate/) program.

What Is a Biometric Screening?

This 15-minute screening involves a simple finger prick blood draw to measure key health indicators. It provides important information, such as your LDL cholesterol, so you can better understand your health and take action if necessary. [Learn more \(/health-wellness-insurance/wellness/wellness-rebate-program/biometric-screening/\)](/health-wellness-insurance/wellness/wellness-rebate-program/biometric-screening/). (<http://www.rusbenefits.com/health-wellness-and-insurance/wellness/biometric-screening>)

What Is a Health Assessment?

This confidential online questionnaire gives you a snapshot of your current health, so you can identify any risks or other health issues. Share your results with your personal doctor to better manage your health and get the most out of your next office visit. [Learn more \(/health-wellness-insurance/wellness/wellness-rebate-program/health-assessment/\)](/health-wellness-insurance/wellness/wellness-rebate-program/health-assessment/). (<http://www.rusbenefits.com/health-wellness-and-insurance/wellness/health-assessment>)

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