



QUITTING IS EASIER WITH HELP

I'm thinking about quitting or cutting back on my tobacco use:
Are there any services that can help?

The US Surgeon General has said, "Smoking cessation [stopping smoking] represents the single most important step that smokers can take to enhance the length and quality of their lives." It's hard to quit smoking, but you can do it.

Counseling and medication are both effective for treating tobacco dependence, and using them together is more effective than using either one alone.*

We know quitting tobacco can be difficult to do. That's why your health plan's offer a range of proven approaches to help you.

*Fiore MC, Jaén CR, Baker TB, et al. [Treating Tobacco Use and Dependence: 2008 Update—Clinical Practice Guidelines](#). Rockville (MD): U.S. Department of Health and Human Services, Public Health Service, Agency for Healthcare Research and Quality, 2008 [accessed 2017 Jan 24].

Blue Shield of California Members:

QuitNet

QuitNet is the longest – running quit-smoking program in the world – over 20 years old and still going strong!

QuitNet is based on the latest science and best practices to help people overcome their addiction to tobacco. QuitNet combines many intervention methods, including online and mobile support from experts and peers, phone-based coaching from a tobacco treatment specialist, personalized email and text support, and pharmaceutical quit aids.

QuitNet offers a dynamic tobacco cessation program with daily email or text support. To get started with QuitNet, login to mywellvolution.com and click on the QuitNet program.

The program includes:

- 24/7 access: Real-time encouragement and support
- Certified counselors: Available in the QuitNet community and through private messaging
- Digital Quit Guide: A complete guide to quitting smoking
- Lifetime digital membership: Ongoing evaluation and discussion forums to support members beyond their initial success
- Mail order fulfillment of OTC NicoDerm Patch. Quantity and duration of patch supply can vary and is based on individual's smoking habit and need.

GET HELP QUITTING

Kaiser Permanente Members:

Pharmacy Benefit: You may be eligible to receive [tobacco cessation medications](#) at your drug benefit co-payment price with a prescription from your doctor. If you're interested, talk to your doctor. To learn more about which medication might be right for you, check out our animated [Quit Tobacco Medications Program](#). Over the counter (OTC products must be prescribed by a physician in order to be covered by the plan)

- Patch
- Gum
- Lozenge

Prescription Products

- Nicotine inhaler
- Nicotine spray
- Bupropion (generic) / Zyban (brand)
- Varenicline (generic) / Chantix (brand)

Face-to-face: Individual tobacco cessation counseling or classes can double your chance of success. [Search our locations](#) to find a health education center near you for more information about counseling and classes in your area.

Or simply sign up online for a Freedom from Tobacco class at a location near you at kp.org/appointments.

Over-the-phone: Working with a wellness coach can increase your likelihood of success by helping you create — and stick with — a plan to quit tobacco. Schedule phone sessions at times that work for you. No referral is needed. Call us at (866) 862-4295 or schedule an appointment online

https://mydoctor.kaiserpermanente.org/ncal/applogin?callbackUrl=/ncal/protected/wellness_coach/booking.jsp (Northern CA only). M-F 7am-7pm, Sat. (Northern CA only) 8:30am-5pm.

Online: Breathe. Go to www.kp.org/breathe to begin. Share your results with your physician. supports you as you explore why it's hard to quit smoking, and offers tips and advice to help you give up the habit.

You'll find healthy ways to:

- boost your confidence to quit
- cope with stress
- deal with urges
- find healthy alternatives to smoking
- get support from family and friends

Once you complete the online questionnaire, you'll receive a customized action plan that shows you successful ways to quit smoking and breathe easier. Try the program that has successfully helped 58 percent of its participants stop smoking

Find articles, videos, and other resources on why to quit, how to stop smoking, coping with cravings kp.org → Health & Wellness → Quit smoking.

City Plan (United Healthcare) Members:

Pharmacy Benefit: UHC covers Smoking Cessation prescriptions from an In Network pharmacy at no cost to the member, as preventative. Supply limits apply. Nicotine Replacement Therapies include Over the Counter Nicotine Replacement Gums, Lozenges, Patches, and Prescriptions like Chantix and Bupropion Tablets. Over the Counter replacement options still require a prescription from the provider in order to have full coverage at in-network pharmacies.

Online Tools: LiveAndWorkWell.com also includes a Tobacco Cessation website where members can view resources and support ideas.

Online Health Education Resources: Login to www.liveandworkwell.com for online health education resources. Once you login, click on "Mind and Body." You'll find tools for:

- Smoking and Addictions - Self-management tools for smoking cessation and risky drinking
- Assessments & Screeners - To determine readiness to quit smoking, and to provide Smoking Cost Estimators showing the money that could be saved by quitting
- Videos and Articles On Quitting Smoking, Secondhand Smoke, and using Medication Assisted Therapies to Increase the Success Rate

<https://www.liveandworkwell.com/en/member/mind-body/substance-use/tobacco.html>

United Healthcare Medicare Advantage PPO Members:

Pharmacy Benefit: UHC covers Smoking Cessation prescriptions from an In Network pharmacy and member will pay the applicable copay for the drug tier the medication falls under. Nicotine Replacement Therapies include Over the Counter Nicotine Replacement Gums, Lozenges, Patches, and Prescriptions like Chantix and Bupropion Tablets. Over the Counter replacement options still require a prescription from the provider in order to have coverage at in-network pharmacies.

Face-to-face: If you use tobacco, we cover two counseling quit attempts within a 12-month period as a preventive service with no cost to you. Each counseling attempt includes up to four face-to-face visits. For more information, please contact UHC at 877-259-0493.