

You can be tobacco free

Here's how your health plan supports you

What's available?

Any cost?



Your medical provider

You can see your personal physician for smoking-cessation support and have up to eight counseling visits per year, with no out-of-pocket costs. These visits are not subject to a deductible. **To find a tobacco-cessation provider, search our online provider directory for procedures. Or call Member Services.**

No extra cost — it comes with your health plan.



Neighborhood wellness services

Have a one-on-one with a wellness professional at any CVS MinuteClinic® site, where available. The two of you will talk about your health and lifestyle, and create a plan just right for you. Sessions are 15 – 20 minutes each. And you can have up to 8 in a 12-month period. You and covered family members ages 18 or older can register at a MinuteClinic. Just show your member ID card.

No extra cost — it comes with your health plan.



Personal tobacco-free coaching program

Call 1-866-213-0153 if you are interested in our free personal tobacco coaching program.

This program will:

- Offer individual or group coaching options (or you can choose to do both)
- Recognize and manage your triggers for tobacco use
- Address personal concerns, like maintaining weight and managing stress
- Be completely private — personal information stays between you and your coach
- Have 24/7 online peer support (moderated by a wellness coach)
- Provide members an 8-week supply of over-the-counter nicotine replacement therapy products (gum, lozenges, patch) mailed directly to their home

No cost — it's covered by your health plan.



Nicotine replacement therapy (NRT)

Boost your chance for success and get an NRT prescription from your doctor. Then fill it at a participating pharmacy, for over-the-counter help. These prescriptions include:

- Nicotine gum, like Nicorette®
- Nicotine patch, like NicoDerm® CQ® and Nicotrol®
- Nicotine spray, like Nicotrol® NS
- Nicotine lozenges

No cost — it's covered by your health plan.



Prescription medicine

Fight the urge with generic prescription drugs approved by the U.S. Food and Drug Administration to help you quit. Brand-name drugs are covered only if there is no generic equal. Just ask your doctor for a prescription. Then make sure to have it filled at a participating pharmacy.

Covered by your health plan.



Other support

Look for resources in your community to learn about programs at work — check with your human resources group.

Visit www.smokefree.gov/ready-to-quit, and you can:

- Find help with building a quit plan
- Start a Quit Day 5-step plan
- Take a nicotine addiction quiz
- Learn about 18 ways smoking affects your health
- Test yourself on the risks of secondhand smoke

There may be costs, so ask first.

Take advantage of your health plan extras.
And put the tobacco habit behind you — for good.

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20.03.462.1-AZ (11/15)

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