



AcademicBlue<sup>SM</sup>

## Take Advantage of Tools and Support Available to Help You Quit Tobacco Use

### Quit to Feel Better

Quitting smoking is one of the most important things you can do for your health. In the year after a person quits smoking, their chance of getting heart disease is cut in half.

Smoking is the most preventable cause of death and disease in the United States and damages almost every part of the body. Smoking can lead to heart disease, heart attacks, high blood pressure, lung disease, lung cancer, gum disease and other health problems. Secondhand smoke can cause health problems for others, too, including children and pets.

### Healing Begins When You Quit

No matter how long or how much you have smoked, your body begins to heal as soon as you quit.

#### Here are some ways you may feel better:

- You breathe more easily
- Your sense of smell and taste improves
- You have more energy
- Your lungs become stronger, making it easier to be more active
- You cough less
- Your teeth look better
- Your hair and clothes smell better
- You save money
- You're healthier

*Source: National Cancer Institute, American Cancer Society*

# Support is Available to Help You Quit

## Use the Tools and Support Your Health Plan Offers

Use of counseling or medicine — or using them together — can be part of an effective plan to quit tobacco use, which is also referred to as tobacco cessation.

Tobacco cessation services are among the many preventive benefits available through your health plan as long as you visit a doctor in your health plan's provider network. There are no out-of-pocket costs like copays or coinsurance, even if you haven't met your deductible.

**Take the next step and talk to your doctor today.**



## What's Covered under Your Health Plan

### Counseling

Tobacco use cessation counseling sessions (including telephone, group, and individual counseling) led by qualified doctors are available at no cost share for members who use tobacco products. Please refer to your benefits materials for information on what benefits are covered at no cost to you.

### Medications

Your health plan also covers two 90-day treatments for tobacco use cessation medicine per benefit period. This coverage includes a variety of FDA-approved tobacco use cessation drugs (including both prescription and over-the-counter) when prescribed by your doctor.

### Prescription Drugs

- Bupropion hcl (smoking deterrent) tab ER 12hr 150 mg (Zyban)
- Chantix
- Nicotrol Inhaler
- Nicotrol NS

### Over-the-Counter Drugs

- Nicotine polacrilex gum 2 mg, 4 mg
- Nicotine polacrilex lozenge 2 mg, 4 mg
- Nicotine td patch 24hr 7 mg/24hr, 14 mg/24hr, 21 mg/24 hr
- Nicotine Transdermal Kit

## For More Information

To learn more about tobacco cessation coverage under your AcademicBlue health plan, call the Customer Service number on the back of your member ID card or log in to Blue Access for Members<sup>SM</sup>