

# Tobacco Cessation

## Resources to help you quit.



### **GuidanceResources EAP (Employee Assistance Program)**

**Available to all faculty, staff and members of their households**

Your HealthyGuidance Tobacco Cessation Program gives you personal counseling and support to help you quit smoking and stay tobacco-free. This program is completely confidential and provided at no cost.

Certified tobacco counselors provide:

- One-on-one telephone counseling
- A customized assistance plan
- Helpful ideas and resources
- Behavior modification techniques
- Strategies to help you quit permanently

Call GuidanceResources at 844-744-1370 for confidential assistance.

Faculty, staff and dependents enrolled in the following health plans may participate in complimentary programs and services from insurance providers.

### **CVS/Caremark (Prescription)**

Your CVS/Caremark plan offers certain preventive service benefits at no cost to you. These benefits are part of the Affordable Care Act (ACA) and include medicine and products for quitting smoking or chewing tobacco (tobacco cessation). Contact CVS/Caremark directly for a complete list of all covered products.

Examples of Covered Prescription Products:

- Generic nicotine replacement products
- Brand-name Nicotrol® or Nicotrol NS®
- Generic bupropion (generic of brand-name, Zyban®)
- Brand-name Chantix®
- Other tobacco cessation OTC and Rx Products

### **UPMC (Medical)**

If you're thinking about quitting, are ready to make a plan or just need some help getting back on track, a coach can answer your questions and help you choose the support method that's the best fit for you. This support is available to you at any time, at no charge.

The program includes your choice of:

- Six telephone-based sessions with a health coach plus an engaging workbook,
- A self-study workbook option, or
- A health coach assisted online program.

Call the Confidential MyHealth Ready to Quit Hotline at 800-807-0751.

### **Highmark (Medical)**

Your Health Coach can guide you through the hurdles of quitting, with programs that give you the information, strategies and support you need to quit. The programs help you set realistic goals, offer practical techniques for quitting and guide you through the quitting process.

Programs include:

- Unlimited toll-free telephone access to a coach trained to help people quit tobacco
- Personalized attention to meet your individual needs
- Ongoing support from your coach to keep you on track

Call a specially trained Health Coach at 888-BLUE-428 (888-258-3428).

### **Aetna (Medical)**

Aetna has partnered with MinuteClinic®, the walk-in medical clinic inside select CVS/pharmacy locations, to provide one-on-one, personalized tobacco cessation coaching. To find a nearby location, visit [www.minuteclinic.com](http://www.minuteclinic.com).

In addition, Aetna offers:

- Four sessions of telephone, individual or group cessation counseling lasting at least 10 minutes each per cessation attempt
- Sessions are covered the same as an adult routine physical exam and are limited to eight visits per calendar year

For more information, please call 800-835-8742.

**Carnegie Mellon University**

Human Resources