

UC Health and Welfare Benefits
 Employee Tobacco Cessation Resources

Insurance plan	Coverage for tobacco cessation program?	Member discounts on tobacco cessation products/programs?	Coverage for tobacco cessation drugs?	Tobacco cessation information?	Contact information
<p>Anthem Blue Cross: Core Medical Anthem Blue Cross PLUS (POS) Anthem Blue Cross PPO (Medical plans)</p>	<p>Excluded</p>	<p>TLC: The Last Cigarette Quit Kit provides a variety of smoking cessation facts, figures and record-keeping tools for people who are contemplating quitting or ready to quit. Free TLC Quit Kits are available to all Anthem Blue Cross members in English and Spanish. PrecisionRx, the official supplier for The Last Cigarette (TLC), offers TLC participants discounted smoking cessation products. To order a Quit Kit: 1-866-634-3435</p> <p>Selfhelpworks offers a 30% discount on their fee to help you stop smoking. Receive the discount for LivingFree - A Program for Smokers (a 3-5 week online program) at http://www.selfhelpworks.com and use group password "hebca" when you enroll in a program or through the Anthem Blue Cross Web site or call 1-877-719-9860.</p> <p>Healthy Extensions: http://www.anthembluecrossca.com/uc Discounted network of hypnotherapists Healthyroads savings of up to 40% on health & wellness products, including vitamins & supplements, health-related books & videotapes as well as guided imagery and mind-body skills programs offered by Healthyroads online through the Anthem Blue Cross Web site or call 1-888-289-4325.</p> <p>NextRx discounted nicotine gum/patches: http://www.nextrotc.com/bluecrossca.aspx</p>	<p>Excluded</p>	<p>http://tinyurl.com/3c4f6b</p>	<p>Anthem Blue Cross Customer Service: 1-888-209-7975 http://www.anthembluecrossca.com/uc</p>

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CIGNA Choice Fund HRA (Medical plan)	Excluded	<p>Healthroads for Living Tobacco Cessation Program - Save up to 10% on psychologists, qualified support staff, online tools, print material and product discounts all come together to offer smokers encouragement, tips, incentives and proven methodologies to help become smoke-free.</p> <p>Tobacco Solutions: offers savings on a variety of supplies including patches, gum and lozenges. You can also request the Novartis Habitrol Nicotine Transdermal System: eight weeks of step-down therapy using the Habitrol Take Control Support Program Total Therapy Stop Smoking Aid Kit; 56 nicotine patches to cover eight weeks of step-down therapy for people who smoke at least 10 cigarettes a day; Stages of Change booklet with an eight-week calendar of activities to guide you through the program; Stages of Change compact disc.</p> <p>QuitNet: uses methods proven to help people quit smoking and combines them into one easy-to-use online program. Save 35% and receive a lifetime online membership, giving you 24/7 access to social support, personalized content, professional counseling and more.</p>	Yes	<p>Members can log on to: http://my.cigna.com Look for smoking cessation under My Health, under Medical Encyclopedia from Healthwise.</p> <p>24-hour Health Information Line, accessed through CIGNA Customer Service: 1-800-244-6224</p>	CIGNA Customer Service: 1-800-244-6224 http://my.cigna.com
Health Net HMO (Medical plan)	Ready, Set, Stop! online smoking cessation program. Members log in to the Health Net web site and register or log in as a member, click on " Decision Power Health & Wellness " and then select "Quit Smoking." http://www.healthnet.com/uc	<p>The Decision Power Healthy Discounts offer a variety of wellness and health products, including smoking cessation products.</p> <p>For more information: Members log in to the Health Net web site and register or log in as a member, click on "Decision Power Health & Wellness" and click on "Member Discounts" or call 1-888-RWD-PRGM (1-888-793-7746).</p>	Yes: Drugs prescribed for smoking cessation are covered up to a twelve-week course of therapy per Calendar Year if you are concurrently enrolled in a comprehensive smoking cessation behavioral support program (Ready, Set, Stop! online program qualifies). The prescribing Physician must request Prior Authorization for coverage. For information regarding smoking cessation behavioral support programs available through Health Net, contact Member Services at 1-800-539-4072 or visit the Health Net website at http://www.healthnet.com/uc .	N/A	Member Services: 1-800-539-4072 http://www.healthnet.com/uc

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Kaiser Permanente HMO (Medical plan)	<p>Smoking Cessation Series of classes are no-fee; individuals can learn about nicotine addiction and tips for quitting, and develop a personal quit plan.</p> <p>Healthmedia Breathe is an online program available to members that helps them develop a personalized quitting plan.</p> <p>Kaiser Permanente Smoker's Helpline Make the phone call that can change your life. Counselors are available to assess your readiness to quit. They can give you self-help materials, provide information on local medical center quit smoking classes, and enroll you in the telephone program. There is no fee for this service.</p> <p>1-888-883-STOP (7867)</p>	N/A	Yes: Certain tobacco-cessation drugs (such as nicotine patches) are covered at applicable copayment only if you participate in a behavioral intervention program approved by the Medical Group (individual counseling, Smoking Cessation Series, Healthmedia Breathe).	Health Encyclopedia and Quit Smoking Message Boards provide online support for Kaiser members quitting tobacco: http://www.kp.org Healthphone provides prerecorded messages to help smokers quit: 1-888-833-7867	Member Services: 1-800-464-4000 http://my.kp.org/ca/universityofcalifornia Members call local facility for class availability
Western Health Advantage HMO (Medical plan)	Excluded	N/A	Excluded	N/A	Customer Service: 1-888-563-2250 http://www.westernhealth.com
StayWell Health Management (Wellness program) Available to Blue Cross of California, CIGNA, Health Net, & Western Health Advantage members who are not represented by unions who have opted out, as well as their enrolled dependents age 18 or older.	<p>NextSteps Behavior Change Program: Offered to members whose health assessment indicates tobacco use. Phone/online/paper mail options. By phone, the program averages 3-5 months with monthly calls to a Health Coach assigned to the member; the online program is six weeks long, and is self-guided; the program by mail lasts for 6 months (1 mailing per month) and is also self-guided.</p>	N/A	N/A	Tobacco Use Health Center articles and interactive tools available at: http://uclivingwell.online.staywell.com	Help Line: 1-800-721-2693 http://uclivingwell.online.staywell.com
United Behavioral Health (Mental health and substance abuse plan) Available to members of all UC medical plans as well as their enrolled dependents.	Excluded	N/A	N/A	LifeStages Smoking Cessation Center offers articles, quizzes, personalized planning and access to message boards. http://www.liveandworkwell.com Access Code: 11280	Customer Service: 1-888-440-8225 http://www.liveandworkwell.com Access Code: 11280