

Tobacco Cessation Benefits 2009



Counseling Benefits

- The Plan covers tobacco cessation counseling by your physician or behavioral health provider.
- The NC Quitline provides a comprehensive tobacco cessation support program. Quit Specialists are available from 8:00 a.m. to midnight, 7 days a week at 1-800-QUIT NOW (1-800-784-8669).
- NC HealthSmart Health Coaches* are available to provide cessation support as well as answer questions about your health. Health Coaches are available 24 hours a day, 7 days a week at 1-800-817-7044.

Prescription Medications

- Nicotine Inhaler
- Nicotine Nasal Spray
- Varenicline (Chantix)
- Zyban –(brand name)
- Bupropion (generic of Zyban)

Worksite Wellness Initiatives

Worksites are an ideal place to start a tobacco cessation program. The NC HealthSmart Worksite Wellness Toolkit's 'Quit Now' resource book helps organizations set up educational campaigns and support groups. It also recommends environmental policy changes that aim to reduce tobacco use and exposure to secondhand smoke. (Get a copy at www.shpnc.org/ww-resources.html). Contact your wellness leader or HR office for more information about wellness programs offered at your worksite.

*Members eligible for NC HealthSmart services are members whose primary health insurance is through the State Health Plan for Teachers and State Employees.

Nicotine Replacement Therapy Patches

Nicotine Replacement Therapy (NRT) patches are covered at the generic copayment tier (\$10), without annual quantity limits.

You can receive **FREE** over-the counter (OTC) generic NRT patches for up to 10 weeks per year by following the steps outlined below:

- Ask your health care provider for a prescription for **OTC generic NRT patches**.
- Call the NC Quitline (1-800-QUIT-NOW) and provide your Plan ID number and participate in their free support program.

OR

- Visit your physician for cessation counseling and print the counseling confirmation form found at www.shpnc.org/pdf/NRT-provider-cert.pdf. Have your health care provider complete the form and fax it to Medco at 319-896-5904.

You may pick up your free patches at a participating network pharmacy approximately two business days after the NC Quitline or your health care provider faxes your confirmation form. Call the State Health Plan pharmacy customer service at 1-800-336-5933 with questions regarding this process.