

Ready to Quit Tobacco? Blue Cross can help.

Congratulations on your decision to quit tobacco!
To set you up for success, several tools and resources are available at no cost to you.

Online Support:

Breathe Easy: Tobacco Cessation Workshop – This 5-week online program will help you develop a personalized quit plan and provides tools and daily motivation to stick with it. The self-paced, interactive workshop recommends articles, videos, tracking tools, and more. Here's what is covered:

Week 1: Getting started with tobacco cessation

Week 2: Understanding your tobacco habit

Week 3: Preparing to quit

Week 4: Putting your quit plan into action

Week 5: Overcoming urges and sticking with your plan

The workshop is designed to be flexible. Complete your tasks all at once, or over the course of several weeks—whatever works for you. Reminder emails will help you monitor progress towards your goals.

Get started:

- 1.) Visit ahealthyme.com/login
- 2.) Click on the **Wellness Workshops tab**
- 3.) Select the **Breathe Easy: Tobacco Cessation Workshop** and sign-up today.

ahealthyme.com— ahealthyme.com (i.e., the ahealthyme public site) is a one-stop shop for free educational tools, health news articles, videos, quizzes, guides, and other online resources to assist with a quit attempt. Resources are organized by topic:

- Facing Up to Smoking
- Planning Your Quit Strategy
- Taking the Big Step
- Stay Smoke-Free

Sample resources include:

- *Tips for a Successful Quit Smoking Day* article
- *Cost of Smoking* calculator
- *Nicotine Replacement Therapy* quiz

Get started: Visit ahealthyme.com/wellness/smoking

Telephonic Support:

Wellness Coaching: – One on one, personalized support from an experienced Wellness Coach is just a phone call away. Wellness Coaches are health educators who are trained in tobacco cessation. Together, you will: set a quit date, prepare for quitting, assess potential health risks, set realistic goals, prepare for potential obstacles, and build a personalized quit plan.

Wellness Coaches are available from 8:00a.m. to 8:00p.m., Monday through Friday.

Get started:

Call: (888) 509-9654

Click: Visit ahealthyme.com/login, click on *Telephonic Wellness Coaching* for more information.

Other Resources:

- smokefree.gov (National)
- espanol.smokefree.gov/ (en Espanol)

Onsite Support:

“Beat the Pack” Tobacco Cessation Program: – This eight-week educational seminar focuses on setting goals and forming positive habits. The evidence-based, interactive program is facilitated by a professional health educator. You’ll learn about:

- the benefits of quitting,
- overcoming barriers to quitting,
- managing withdrawal symptoms and stress, and
- tips for maintaining a long-term tobacco-free lifestyle.

This series includes 4 bi-weekly onsite group seminars **plus** 4 bi-weekly sessions of **one-on-one health coaching**.

Over the Counter and Prescription Support

You may have heard about enhanced coverage for tobacco aids (e.g., patches and nasal sprays), under the Affordable Care Act. Did you know that most Blue Cross Blue Shield of Massachusetts pharmacy plans cover two nicotine replacement options?*

Treatment Options	Available Medications
<p>OTC medications—These nicotine replacement products provide smaller doses of nicotine over time to reduce withdrawal symptoms.</p> <p>To receive full coverage for OTCs, you <u>must</u> have a prescription from your health care provider to fill the prescription at your pharmacy.</p>	<p>Examples:</p> <ul style="list-style-type: none"> • Skin patches (NicoDerm CQ and other generic products) • Lozenges (Nicorette) • Chewing gum (Nicorette and other generic products)
<p>Prescription medications</p>	<p>Examples:</p> <ul style="list-style-type: none"> • Nicotrol inhaler and nasal spray • Bupropion (Zyban) and Chantix tablets

*For more information about your pharmacy coverage:

- 1.) Call Member Services at the number on the front of your ID card, or:
- 2.) Log in to your Member Central account:
 - Visit **bluecrossma.com/membercentral**
 - Under the “Using My Plan” tab, select “Pharmacy Coverage”

*Know your options and get started today!
Consult your health care provider to determine a plan that is the right fit for you.*