






You can be tobacco free

Here's how your health plan supports you

What's available?	Any cost?
 Your medical provider <p>You can see your personal physician for smoking-cessation support and have up to eight counseling visits per year, with no out-of-pocket costs. These visits are not subject to a deductible. To find a tobacco-cessation provider, search our online provider directory for procedures. Or call Member Services.</p>	No extra cost — it comes with your health plan.
 Neighborhood wellness services <p>Have a one-on-one with a wellness professional at any CVS MinuteClinic® site, where available. The two of you will talk about your health and lifestyle, and create a plan just right for you. Sessions are 15 – 20 minutes each. And you can have up to 8 in a 12-month period. You and covered family members ages 18 or older can register at a MinuteClinic. Just show your member ID card.</p>	No extra cost — it comes with your health plan.
 Online coaching program <p>Get help from “Be Tobacco Free” and choose the steps to work toward living without tobacco. You’ll find titles like “Make your date to quit” and “Stay on track.” They focus on smoking. But they also offer powerful support for <i>any</i> tobacco user who wants to quit for good. Get started on the “Health Dashboard” page of your member website at www.aetna.com. Just click on the “Health Records” tab to find your Health Dashboard.</p>	No extra cost — it comes with your health plan.
 Nicotine replacement therapy (NRT) <p>Boost your chance for success and get an NRT prescription from your doctor. Then fill it at a participating pharmacy, for over-the-counter help. These prescriptions include:</p> <ul style="list-style-type: none">• Nicotine gum, like Nicorette®• Nicotine patch, like NicoDerm® CQ® and Nicotrol®• Nicotine spray, like Nicotrol® NS• Nicotine lozenges	No cost — it's covered by your health plan.
 Prescription medicine <p>Fight the urge with generic prescription drugs approved by the U.S. Food and Drug Administration to help you quit. Brand-name drugs are covered only if there is no generic equal. Just ask your doctor for a prescription. Then make sure to have it filled at a participating pharmacy.</p>	Covered by your health plan.

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Other support

Look for resources in your community to learn about programs at work — check with your human resources group.

Visit www.smokefree.gov/ready-to-quit, and you can:

- Find help with building a quit plan
- Start a Quit Day 5-step plan
- Take a nicotine addiction quiz
- Learn about 18 ways smoking affects your health
- Test yourself on the risks of secondhand smoke

There may be costs, so ask first.

Take advantage of your health plan extras.
And put the tobacco habit behind you — for good.

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