



Tobacco Cessation Guide



Southcoast Health System has been 100% Smoke & Tobacco Free since January 1, 2012. To help you, we are offering a variety of resources to help you quit. Please review the programs listed below.

Southcoast Approved Cessation Programs

Online program | Southcoast HealthQuest

Southcoasthealthquest.org

The WebMD Tobacco Cessation Coaching Program is an intensive, 3 month telephonic and online program with a Tobacco Treatment Specialist Coach. Your coach will work with you to set a quit date, choose a method, address tobacco cravings, prepare your environment, find support and quit smoking. You will have periodic follow up from your coach as well as continued access to the “whole person” WebMD Health Coaching. To qualify you must:

- Complete a HealthQuest Assessment (HQA) by October 1, 2013.
- Identify as a smoker
- Be ready to quit

Group Counseling | “Freedom from Smoking”

[American Lung Association](http://AmericanLungAssociation.org)

In-person group sessions provide a sense of community support and motivation that help many people reach cessation goals. Freedom From Smoking will be offered periodically. Space is limited, so please contact Kris Aimone if you are interested in joining.

One-On-One Counseling | SSTAR

sstar.org/site/smoking_cessation.asp

Southcoast will reimburse up to \$150 for one-on-one tobacco cessation counseling with [Michelle Rapoza](#) at SSTAR, located at 386 Stanley Street in Fall River. If interested, please contact her at [508-324-3522](tel:508-324-3522). For reimbursement of program fees, you must present the following to Susan Pinheiro by January 15, 2014:

- One-on-one counseling out-of-pocket payment receipts from June 1, 2013 – December 31, 2013.
- Explanation of benefits from your health insurance company from June 1, 2013 – December 31, 2013.

IMPORTANT CHECKLIST

You Must:

- ☐ Complete an approved tobacco cessation program by December 31, 2013.
- ☐ Agree to share your completion and participation data with Southcoast.
- ☐ To receive reimbursement for OTC NRT costs, send copies of your receipts to the address below.
- ☐ To receive reimbursement for one-on-one counseling costs, send copies of your receipts and explanation of benefits (EOB) from your health insurance company to the address below.

Copies of materials must be mailed **by January 15, 2014** to:

Susan Pinheiro
Benefits Department
101 Page Street
New Bedford, MA 02740

You may also scan and send materials to Susan at pinheiros@southcoast.org.

QUESTIONS?

For more information, please contact Kris Aimone at AimoneK@southcoast.org or by calling 508-679-7417.



Over-the Counter Nicotine Replacement Therapy (OTC NRT):

Southcoast will reimburse for OTC NRT purchased between **June 1, 2013 and December 31, 2013.**

In order to receive reimbursement, you must:

- Obtain a prescription from your doctor for OTC NRT and present the prescription to a pharmacist for processing.
- Save your OTC NRT receipts.
- Complete an approved tobacco cessation program.
- Send copies of your OTC NRT receipts to Susan Pinheiro by January 15, 2014.

Other Resources

Telephonic Coaching | QuitWorks

Quitworks.org

QuitWorks provides free tobacco cessation counseling services. Your doctor will need to fill out a referral form with you. The referral form can be found on the Quitworks Website, under the “QW in a System” tab. *Please note that this is not an approved cessation program.*

WebMD Health Coaching

Southcoast HealthQuest

Southcoasthealthquest.org

If you identify yourself as a smoker on the HealthQuest Assessment, you will receive a call from a WebMD health coach. A health coach works with you to create personal goals and offers motivation, information, and encouragement during the process of reaching that goal. There is no fee for health coaching.

Consequences for failure to complete cessation programs

Failure to complete a tobacco cessation program that you registered for may result in negative financial consequences.

- If you register for Freedom From Smoking and do not complete the program, you will be responsible for repaying the \$150 enrollment fee that SHP paid up front on your behalf.
- If you participate in STARR one-on-one counseling and do not complete the program, you will not be eligible for reimbursement.
- If you receive OTC NRT and do not complete an approved tobacco cessation program, you will not be eligible for reimbursement.
- If you participate in the HealthQuest WebMD Tobacco Cessation Program, you will be responsible for repaying the \$205 fee that Southcoast paid on your behalf.