

Tobacco Cessation Guide



If you will be participating in the 2014 Southcoast Health Plan Advantage option, you will need to complete an approved tobacco cessation program between January 1, 2013 and December 31, 2013. Please review answers to FAQs below and the details on cessation resources available to you on the back of this document.

FAQs

What are the approved tobacco cessation programs?

You must fully complete one of the following programs to stay under the Advantage option and receive lower premiums:

- Freedom From Smoking group counseling
- One-on-one in-person counseling through a certified cessation counselor (Michelle Rapoza) at SSTAR
- HealthQuest (WebMD) Tobacco Cessation Coaching Program.

What additional resources are available to me?

Please review the reverse side of this document.

Does quitting “cold turkey” count as a cessation program?

No, we will not accept this cessation option by itself. You must complete an approved tobacco cessation program to stay under the Advantage option.

What if I do not complete a tobacco cessation program?

If you do not successfully complete a program by December 31, 2013, you will be assessed a \$6.73 per week employee contribution premium differential, effective January 1, 2014.

You will also be responsible for repaying the fees that SHP paid on your behalf. These include:

- Tobacco Coaching:
Freedom from Smoking: \$150 fee
WebMD Tobacco Cessation Coaching Program: \$205 fee
- Over-the-counter nicotine replacement therapy (OTC NRT): If you get NRT for “free” at Southcoast Pharmacy, a payroll deduction will be set up to recoup the cost. If you paid for NRT, you will not receive reimbursement.

Questions?

Questions may be directed to Kris Aimone at AimoneK@southcoast.org or by calling her at 508-679-7417.

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.

Receipts 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 Pinheiros at pinheiros@southcoast.org.

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

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

One-on-one in-person counseling will be provided by **Michelle Rapoza** at SSTAR, located at 386 Stanley Street in Fall River. You are covered 100% by the plan (no copays) for up to 3 months between June 1, 2013 and December 31, 2013. If interested, please contact Michelle at [508-324-3522](tel:508-324-3522).

Other Resources

Self-help Kit | QuitSmart www.quitsmart.com

You can save up to 18% on the QuitSmart self-help kit, which includes a guide to hypnosis therapy, a cigarette substitute and recommendations that increase your chance of success for tobacco cessation. Visit www.quitsmart.com and enter the code “HPHC” under “Voucher.”

Telphonic | QuitSWorks www.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.

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

Free OTC NRT

Between June 1, 2013 and December 31, 2013, you may obtain free OTC NRT from the Southcoast Pharmacy.

- You must have a prescription from your doctor.
- If you receive free OTC NRT and do not complete a tobacco cessation program, the cost will be recouped through payroll deduction.

OTC NRT Reimbursement

Southcoast will reimburse for OTC NRT purchased between June 1, 2013 and December 31, 2013. In order to receive reimbursement, you must:

1. Obtain a prescription from your doctor and present it to a pharmacist for processing.
2. Save your OTC NRT receipts.
3. Complete an approved tobacco cessation program.
4. Send copies of your OTC NRT receipts to Susan Pinheiro between January 1-15, 2014.

Chantix and Bupropion SR (Generic Zyban)

Southcoast will automatically reimburse you for up to 3 months of copays for Chantix and bupropion SR (generic Zyban) prescriptions filled between June 1, 2013 and December 31, 2013. In order to receive reimbursement, you must:

1. Obtain a prescription from your doctor for Chantix or bupropion SR (generic Zyban).
2. Pay the copay for your medication at the point of purchase.
3. Complete an approved cessation program.