

TOBACCO CESSATION RESOURCES

As a national leader in healthcare and environmental practices, UC is committed to providing our faculty and staff with a tobacco-free environment starting January 2014. To support this policy and help those who want to quit smoking, the university offers a number of smoking cessation resources for faculty and staff.

Beginning Jan. 1, 2014, all UC-sponsored non-Medicare medical plans will provide the following:

- Prescription nicotine replacement therapies, such as nicotine inhalers, sprays and medications, at no additional cost when prescribed by a physician.
- Over-the-counter nicotine replacement therapies such as nicotine patches and gum, when prescribed by a physician at the generic co-pay for UC Care, Health Net Blue & Gold and Western Health Advantage. Kaiser members have no copay. Under Core and the Health Savings Plan, these products will be subject to the deductible and coinsurance.
- You can participate in behavioral modification programs to help you quit smoking, but it is not required to receive these benefits.

In addition, some medical plans offer additional resources as shown below. Co-pays and program fees may apply. Please consult your medical plan's booklet or website for more information.

UC MEDICAL PLAN	ADDITIONAL SERVICES
Blue Shield Health Savings Plan Core UC Care	Quit for Life program will help you create a customized quitting plan and provide telephone and online coaching. Eight weeks of nicotine gum or patches at no additional cost. 1-866-QUIT-4-LIFE (1-866-784-8454) www.quitnow.net/blueshieldca
Health Net Blue & Gold HMO	Six-week Healthy Living Program offers weekly action items to help you live smoke-free and other resources. www.healthnet.com/uc
Kaiser Permanente	Telephone-based coaching <ul style="list-style-type: none"> • Northern California: 866.251.4514 • Southern California: 866.862.4295 Kaiser online resources at http://kp.org/quitsmoking <ul style="list-style-type: none"> • Healthmedia Breathe (online program) • Quit Smoking (resource page) • Tobacco Medications (resource page) For on-site counseling, classes and programs, contact your local Kaiser medical center for availability
Western Health Advantage	Tobacco cessation programs are available to WHA members through their medical groups.
UC Living Well All UC employees eligible regardless of medical plan. (Participation for represented employees is subject to collective bargaining.)	Personal QuitPower coach helps you set quit date, create personal goals, stay motivated, gain access to resources, quit tobacco and stay tobacco-free. Up to eight weeks of nicotine replacement therapy at no cost http://client.myoptumhealth.com/uclivingwell Dedicated toll free number for UC employees: 1-855-688-9775

PROGRAMS AVAILABLE TO THE GENERAL PUBLIC

- California Smokers Helpline, 1-800-NO-BUTTS
- www.webmd.com/smoking-cessation
- www.SmokeFree.gov/

Your UC location offers the following tobacco cessation programs:

(campus)

(program)