

Smoking Cessation Resources for Kent State Employees			
Service Provider	Service	Contact Information	Who is Eligible
Be Well Solutions	<p>Based on the American Lung Association's Freedom from Smoking program, Be Well Solutions offers an intensive 8 week, 10 session program.</p> <p>All trainers are certified by the American Lung Associations</p> <ul style="list-style-type: none"> • Sessions in preparation for Quit Day focus on self-assessment and designing an action plan, effects of tobacco, addiction, support of friends, relaxation techniques and triggers • Sessions following Quit Day focus on using your support system, quitting with a smoker in the house, weight gain and cravings, celebrating milestones, the benefits of exercise, getting a grip on stress and slips and relapses. <p>Be Well Solutions also provides unlimited free telephonic and email support even if you are not in the <i>Freedom From Smoking</i> Program.</p>	<p>1-888-935-7378</p> <p>Log in to: portal.bewelldata.com</p>	Full-time benefits eligible faculty and staff
CVS Health	<p>Nicotine replacement therapy (NRT) and prescription medication coverage has been added to the CVS prescription drug plan effective July 1, 2016 for all employees and their covered dependents (18 and over). No co-pay or co-insurance will be applied for NRT or prescriptions.</p>	<p>888-202-1654</p> <p>Log in at www.caremark.com</p> <p>cvs.com/quit-smoking</p>	Employees and their eligible dependents (18 and over) covered by Medical Mutual of Ohio or Anthem BC/BS

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CVS MinuteClinic	<p>CVS MinuteClinic Start to Stop Program</p> <ul style="list-style-type: none"> • Face to face counseling with a MinuteClinic Nurse Practitioner • During 1-on-1 consultation, practitioner will review lifestyle factors, goals and physical health. • Practitioner will create a customized smoking cessation plan which could include over-the-counter nicotine replacement or a prescription*. • Clinic visit is covered under Anthem or Medical Mutual plan and charged as a clinic visit** <p><i>**Clinic visit subject to \$10 Office Co-Pay and then 100%.</i></p>	<p>MinuteClinics are located in many local CVS Pharmacy locations</p> <p>https://www.cvs.com/minuteclinic/services/wellness-and-physicals/smoking-cessation/N-d8Zbu0hZd5</p> <p>Members can also call 844-265-4321, a toll-free number operated by the American Cancer Society Quit For Life Program to complete a readiness assessment and receive referrals to plan sponsored offerings, community resources or the CDC's Quit Line.</p>	<p>Employees and their eligible dependents (18 and over) covered by Medical Mutual of Ohio or Anthem BC/BS</p> <p>CVS MinuteClinic also accepts most insurance plans</p>
IMPACT Solutions	<p>Live Well Tobacco Free</p> <ul style="list-style-type: none"> • Personal coaching with a <i>Quit Specialist</i> who can structure telephonic coaching sessions and resource material based on your individual goals • On-line Quit Center: Includes easy access to online tools and resources in one convenient location <ul style="list-style-type: none"> ○ Tobacco cessation modules ○ Workbooks ○ Educational materials ○ Support 	<p>800-227-6007</p> <p>www.MyIMPACTSolution.com</p> <p>Login: kent</p>	<p>Full and part time benefits eligible faculty and staff and their covered dependents (18 and over)</p>

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Medical Mutual	<p>QuitLine is a free program you access over the phone that is designed to help you quit smoking. When you enroll in the SuperWell QuitLine, a trained Smoking Cessation Coach will help you determine a plan of action with a target quit date. You'll receive ongoing support and coaching throughout the process, from encouragement and reminders on or near your target quit date, all the way through completing the program.</p> <p>Quitline coaches will:</p> <ul style="list-style-type: none"> • Help you decide a plan of action and set a quit date. • Provide guidance and support on or near your quit date and throughout the program. • Provide a <i>QuitKit</i> that includes brochures about tobacco use and successful quitting. • Help you learn new ways to handle cravings and remain tobacco free. 	<p>866-845-7702 www.medmutual.com</p> <ol style="list-style-type: none"> 1. Log in to Member.MedMutual.com 2. Click <i>Healthy Living</i> 3. Click <i>Quit Smoking</i> 	<p>Employees and their eligible dependents (18 and over) covered by Medical Mutual of Ohio</p>

Additional Resources			
Service Provider	Service	Contact Information	Who is Eligible
Ohio Tobacco Quitline	<p>The QuitLogix program is a free service available to eligible members 18 years of age and over. Online and telephonic support are available 7 days a week</p> <p><i>* Member may be required to pay out of pocket cost for over-the-counter and/or prescribed medication.</i></p>	<p>https://ohio.quitlogix.org/ 800-QUIT-NOW</p>	Available to all Ohio residents (18 and over)
American Cancer Society Quit for Life Program	<p>Free telephonic support program to assist individuals trying to quit smoking.</p> <p>Quit For Life gives tobacco users the support and help they need to stay focused on their personal reasons for quitting. Those willing to try to quit will get:</p> <ul style="list-style-type: none"> • Multiple outbound coaching calls and unlimited toll-free access to a Quit Coach • Unlimited access to Web Coach[®], an online community that offers e-learning tools, social support, and information about quitting • Decision support for the type, dose, and use of medicine and mail order access to the medicine • Text2Quit – text messages personalized to each participant’s quit plan • A printed, stage-appropriate quit guide • Tailored, motivational emails sent throughout the quitting process 	<p>http://www.cancer.org/healthy/stayawayfromtobacco/quit-for-life</p>	Available to any individual interested in smoking cessation support