

# You can be tobacco-free

## Here's how your health plan supports you

### What's available?

### Any cost?



#### Online coaching program

Get help from “Be Tobacco Free,” where you choose the steps to work toward tobacco-less living. Plus: Get phone support from a wellness coach along the way. 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 *any* tobacco user who wants to give it up for good. Get started on the Health Dashboard page of your member website at [www.aetna.com](http://www.aetna.com).

**No extra cost** — it comes with your health plan.



#### In-person counseling

Have a one-on-one with a wellness professional at any CVS MinuteClinic® site. The two of you will talk about your health and your lifestyle, then 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.

**No extra cost** — it comes with your health plan.



#### GlobalFit® phone coaching

WellQuit is an eight-step program run by coaches certified by the American Lung Association. You can talk with a coach as often as you'd like between the hours of 9 a.m. and 9 p.m. ET weekdays. And e-mail or chat online with a coach 24/7. Learn more in the Health Programs section of your member website at [www.aetna.com](http://www.aetna.com).

This program costs \$99 for 12 weeks.



#### Nicotine replacement therapy (NRT)

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, including:

- 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

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.

**No cost** — it's covered by your health plan.



#### Other support

Look for resources in your community:

- Programs at work — check with your human resources group.
- PA Free Quitline — call **1-800-784-8669** to find phone counseling, tips and no-cost NRT.
- Local hospitals and nonprofits — programs and group classes may be available.

There may be costs, so ask first.

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

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