

You can quit tobacco — and your **EMPLOYEE HEALTH BENEFITS CAN**



**1 FREE
SCREENING**
PER PLAN YEAR

180 days OF
FREE TREATMENT
PER PLAN YEAR

**6x HIGHER
SUCCESS RATE**
WITH TREATMENT

Giving up tobacco is one of the best choices you can make. Quitting smoking before age 40 reduces the risk of death associated with continued smoking by 90 percent, and quitting at any age reduces your risk of contracting COPD and lung cancer.¹

But quitting can also be extremely difficult. Fortunately, with your employee health benefits through Wellmark® Blue Cross® and Blue Shield®, you can get help and tools that boost your chances for success, all at no cost to you. Read on to find out what you need to know about using your benefits when you're ready to quit.

YOUR BENEFITS CAN BOOST YOUR ODDS.

Chances are you've tried to quit — maybe more times than you can count. And that can be discouraging. After all, only about 5 percent of people who try to quit tobacco without help end up succeeding.² But you can improve your odds for success.

With your employee health coverage, every plan year you get **FREE SERVICES TO HELP YOU QUIT**³, including a tobacco screening with your doctor, eight counseling sessions, and prescription medications to control cravings — all of which make you six times more likely to succeed. And, you can use the benefit as long as it takes to give up tobacco for good.

¹ Source: <https://truthinitiative.org/news/what-you-need-know-quit-smoking>

² Source: <https://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/quit-smoking-products/art-20045599>

³ This is not a guarantee of benefits. Benefits are subject to change at any time.

There's even more you can do to quit successfully.

If you are a tobacco user who wants to quit:

- ▶ Identify your reasons for quitting — your health, your family, etc.
- ▶ Set a quit date, ideally within two weeks.
- ▶ Remove tobacco products from your home, car and work.
- ▶ Ask others not to use tobacco around you.
- ▶ Avoid drinking alcohol and other activities that can trigger cravings.
- ▶ Try to replace tobacco with a healthy habit, like cooking, gardening or jogging.
- ▶ Resolve not to use tobacco at all — not even once.

FIND THE STOP-TOBACCO AID THAT'S RIGHT FOR YOU.

There are many treatments that that can make quitting tobacco an easier, more comfortable experience. These include nicotine patches, gums, lozenges, inhalers, nasal sprays and prescription medications. All of these treatments can have various pros, cons, and interactions, so make sure you work with your doctor to determine which one is right for you.

You can quit. Your free benefits can help.

Just schedule a tobacco screening. The screening, counseling sessions and prescriptions you receive to help you quit are free.

CALL YOUR DOCTOR AND SCHEDULE YOUR NO-COST APPOINTMENT TODAY.

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ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).

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