

Are You Sick Of Smoking?

GREATER SPRINGFIELD SMOKING CESSATION PROGRAMS

Baystate Medical Center, Springfield 413-794-2255
Freedom From Smoking
5-week program costs \$100

Cooley Dickinson Hospital 413-582-2119
Freedom From Smoking
6-week program costs \$80

BENEFITS INFORMATION

Health New England

HNE reimburses up to \$50 for the cost of smoking cessation programs for members with the following conditions: Asthma, Diabetes, High Cholesterol, Coronary Heart Disease and Pregnancy.

In addition, prescription drugs such as Zyban and Chantix are covered under the pharmacy benefit. Over the counter drugs are not covered. *HNE currently covers the generic nicotine patch that requires a prescription.*

Blue Cross Blue Shield

With a prescription BCBS provides a benefit for nicotine replacement products (like patches or gum) and Zyban. Member pays co-pay. The maximum benefit per calendar year is a 90-day supply.

Tufts Health Plan

Over the counter smoking cessation products are not reimbursable. Tufts does not provide a benefit for counseling.

The Employee Wellness Program of the Scantic Valley Regional Health Trust will help cover the cost of the smoking cessation counseling programs listed above.

Please contact Amy Higgins if you need assistance.

Veteran's Patch Giveaway

In addition to the Employee and Family Member Patch Giveaway, Veteran's and their family members are eligible to receive a 4-week supply of Nicotine Replacement Therapy Patches. If interested call 1-800-Try-to-Stop.

ADDITIONAL SMOKING CESSATION RESOURCES

QUITWORKS

Try-To-Stop Tobacco Resource Center of Massachusetts

www.trytostop.org

1-800-Try-To-Stop

In addition to the Employee and Family Member Patch Giveaway, Veteran's and their family members are eligible to receive a 4-week supply of Nicotine Replacement Therapy Patches. If interested call 1-800-Try-To-Stop.

Blue Cross Blue Shield Members-

“Ready, Set, Stop”

A 6-week on-line smoking cessation program. Free to members.

Go to www.bluecrossma.com then proceed to Living Healthy Smoke-free- My Wellbeing- and proceed to Healthy Programs.

Tufts Health Plan Members-

“You Can Quit Smoking”- includes a 5-Day countdown to your quit date.

Health New England Members-

Quitnet.com- an on-line program offering community support.

Freedom from Smoking On-line

A FREE on-line program offered by the American Lung Association. Progress through educational material at your own pace and reach out to others to build an on-line support system. Go to www.LungUSA.org; proceed to QUIT SMOKING, then Freedom from Smoking.



*Funded by the Massachusetts Department of
Public Health, Tobacco Control Program*

Contact Amy Higgins, Wellness Coordinator, for more information.

413-323-4309

Amyhiggins2003@yahoo.com

Scantichealth.org