

Ready to quit tobacco?

You don't have to do it alone.

Get one-on-one help from trained experts, join a quit tobacco program or access online resources

If you're a tobacco user, you've most likely been told over and over that it's bad for your health. But that doesn't make it any easier to quit, right? In fact, quitting tobacco just may be one of the hardest things you'll ever try to do. Well, you should know that you don't have to do it alone. You have access to one-on-one help and many other great resources that can help you every step of the way.

Get nicotine replacement therapies at no cost!

You can get over-the-counter nicotine replacement therapies at no cost if you meet **all** of the following requirements. You must be:

- A member of the Kentucky Employees' Health Plan (KEHP).
- A tobacco user, 18 years old or older and listed as a tobacco user on the KEHP health insurance form.
- Attending all regularly scheduled sessions for an approved program to quit tobacco — either the Cooper-Clayton Program, the Freedom From Smoking Program or Quit Now Kentucky program.

If you do meet **all** of the above requirements, follow these simple steps:

1. **Go to livingwell.ky.gov and print your voucher.**
You can print either the Cooper-Clayton, Freedom From Smoking or Quit Now Kentucky program voucher, depending on which program you have joined. You can also call the KEHP Department of Employee Insurance at **1-888-581-8834** and request a voucher.
2. **Get your voucher signed by your program facilitator.**
3. **Fax your signed voucher to the Department of Employee Insurance (DEI).**
Fax it to: **1-502-564-5278**. The DEI will verify your eligibility and then fax or mail the voucher back to you.
4. **Take your signed and approved voucher to your pharmacy.** You can use it to pay for your nicotine replacement therapies at no cost.
5. **Save your voucher.** Repeat steps one through four every 28 days.



Helpful information about the three approved programs

Cooper-Clayton Program – Smoking Cessation

This 13-week program combines nicotine replacement products with education, skills training and social support. Classes consist of 13 sessions. Visit kcp.uky.edu/CC.html or call **1-606-784-6458** to find a class near you.

Freedom From Smoking

The Freedom From Smoking® group clinic consists of eight sessions. It is delivered by an American Lung Association-trained facilitator in a small-group setting (usually 8–10 people). Each clinic session uses techniques based on pharmacological and psychological principles and methods designed to help smokers gain control over their behavior.

Quit Now Kentucky Tobacco Cessation – Smoking and Tobacco Cessation

This phone-based service provides one-on-one help from a trained tobacco cessation counselor. To learn more, call **1-800-QuitNow** (1-800-784-8669). If you use a TTY, call **1-888-229-2182**.

More ways to get the help you need

HumanaVitality® Health Coaching Program

This program gives you one-on-one help from a coach so you can design a program that works with your lifestyle and meets your individual needs. The plan will include ways to lower your dependency on smoking and tobacco, how to quit, how to manage withdrawal symptoms and how to deal with cravings.

You can join this program in two ways:

1. **Go online.** Visit livingwell.ky.gov and click **HumanaVitality Login**. Enter your username and password. If you're new to HumanaVitality, click **Register Now** and follow the prompts. After you complete your health assessment, you can set a goal. Once your goal is set you can sign up for coaching under Personalized Activities by clicking on the enroll in a coaching program link. By setting and completing your goal, you'll earn Vitality Points™.
2. Use your HumanaVitality "HV" app on your smartphone. Sign in using your username and password. Tap on the upper left-hand icon and your dashboard will open. Tap on Resources and a resources window will open. Tap on Call a Coach, a window will open and tap on the call tab at the bottom of your screen.

Anthem's Quitter in You

Anthem Blue Cross and Blue Shield has partnered with quitterinyou.org to bring you personalized tools, tips and live chat support. You'll get one-on-one help from registered nurses, respiratory therapists and trained smoking cessation counselors.

Other helpful online resources you might want to check out

- Find a variety of cessation tips, tools and resources at cdc.gov/tobacco/quit_smoking, the Centers for Disease Control and Prevention's How to Quit website.
- Visit smokefree.gov, a website dedicated to helping smokers quit.

For more information about these programs and resources to help you stop smoking, call **1-844-402-KEHP**, Monday through Friday, 8 a.m. to 8 p.m.

