



# Smoking and Tobacco Cessation Programs



The **Kentucky Employees' Health Plan (KEHP)** provides over-the-counter nicotine replacement therapies (NRT) to members of KEHP who participate in an approved smoking or tobacco cessation program.

## To participate, you must:

- Be a KEHP member
- Be a smoker, eighteen (18) or older
- Be designated as a smoker on your KEHP health insurance application and
- Actively participate in an approved smoking/tobacco cessation program and attend all regularly scheduled sessions.

## You will receive:

- 12 weeks of over-the-counter NRT products each calendar year
- 13 one-hour weekly sessions (Cooper Clayton)
- 8 weekly sessions (Freedom From Smoking)
- Proactive telephone counseling program with a personal quit coach (1-800-QUIT-NOW)
- Over-the-counter NRT products at no cost to the member.

## COOPER CLAYTON AND FREEDOM FROM SMOKING

### *Smoking Cessation*

Cooper Clayton is a highly successful smoking cessation program that uses education, skills training and social support. Classes consist of 13 one-hour sessions per week. You must attend all classes to continue to receive NRT products. NRT is proven to be most successful when paired with support group programs such as Cooper Clayton.

### Steps to Take

1. Visit KEHP's LivingWell website at [livingwell.ky.gov](http://livingwell.ky.gov) to print the Cooper Clayton voucher, or you may call 888-581-8834 to request a copy.
2. Locate a Cooper Clayton class at [www.kcp.uky.edu/CC-classes.html](http://www.kcp.uky.edu/CC-classes.html), or you may call 606-784-6458 to enroll in a class.
3. Take the Cooper Clayton voucher to class and have the facilitator sign.
4. Fax the voucher to the Department of Employee Insurance (DEI) at 502-564-5278.
5. DEI will verify your eligibility and fax or mail the voucher back to you.
6. Show the signed and approved voucher to your pharmacy to receive your NRT.
7. Save the voucher. You will repeat steps 3-6 every 28 days.

### *Smoking Cessation*

The *Freedom From Smoking*<sup>®</sup> 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.

### Steps to Take

1. Visit KEHP's LivingWell website at [livingwell.ky.gov](http://livingwell.ky.gov) to print the Freedom From Smoking voucher, or you may call 888-581-8834 to request a copy.
2. Locate a Freedom From Smoking class at [CHFS.ky.gov](http://CHFS.ky.gov) or you may call your local health department to enroll in a class.
3. Take the Freedom From Smoking voucher to class and have the facilitator sign.
4. Fax the voucher to the Department of Employee Insurance (DEI) at 502-564-5278.
5. DEI will verify your eligibility and fax or mail the voucher back to you.
6. Show the signed and approved voucher to your pharmacy to receive your NRT.
7. You will repeat steps 3-6 every 28 days.

## **QUIT NOW KENTUCKY TOBACCO CESSATION**

### **1-800-QUIT NOW**

#### ***Smoking & Tobacco Cessation***

The Quit Now Kentucky Tobacco Cessation program is a free, statewide, telephone-based tobacco cessation resource program. Quit Now Kentucky Tobacco Cessation program offers a one-on-one proactive counseling program for tobacco users who are ready to quit. Call 800-784-8669. The deaf or hard-of-hearing should call 888-229-2182.

#### **Steps to Take**

1. Visit KEHP's LivingWell website at [livingwell.ky.gov](http://livingwell.ky.gov) to print the Quit Now Kentucky Tobacco Cessation voucher or you may call 888-581-8834 to request a copy.
2. Call the Quit Now Kentucky Tobacco Cessation program at 1-800-QUIT NOW (800-784-8669) - for deaf or hard of hearing, call 1-888-229-2182.
3. A Quit Now Kentucky Tobacco Cessation counselor will discuss the steps needed to quit and assist you in selecting a quit date.
4. Once a quit date is set you are ready for NRT. The counselor will sign the voucher and fax to DEI to verify eligibility.
5. DEI will verify your eligibility and fax or mail the voucher back to you.
6. Show the signed and approved voucher to your pharmacy to receive your NRT.
7. You will repeat steps 4-6 every 28 days.

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