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 (planholder and/or dependent), 18 years old or older and listed as a tobacco user on the KEHP health insurance form.
- Attending all regularly scheduled sessions from an approved program to quit tobacco — either the Freedom From Smoking Program or the Quit Now Kentucky program.

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

1. **Go to livingwell.ky.gov and print your voucher.**
   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 (generic patches, lozenges or gum).

5. **Save your voucher.** Repeat steps one through four every 28 days.

Ready to quit tobacco?
You don’t have to do it alone.
Helpful information about the two approved programs

Freedom From Smoking

The American Lung Association has helped over a million people quit smoking through Freedom From Smoking®. Available in small group clinics or online, Freedom From Smoking helps you develop a plan of action leading to quit day and provides the support you need to remain smokefree. Based on current addiction and behavior change models, the program addresses the difficulties of quitting in a sensitive, supportive style and is backed by certified tobacco cessation counselors available in person, over the phone or online chat.

Lung.org/ffs  |  1-800-LUNGUSA

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

Go365 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 choose Go365 Login. Enter your username and password. If you’re new to Go365, select 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 choosing the enroll in a coaching program link. By setting and completing your goal, you’ll earn points.

2. Use your Go365 app on your smartphone.

Anthem’s Quit Better Together

Through support from Anthem Foundation, the American Lung Association is working with local partners in Kentucky to offer free and low cost quit smoking support. Resources are available over the phone, through local support groups and even online.

Lung.org/quit-better-together

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.