



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; and designated as a smoker on the KEHP health insurance application
- 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)
- Proactive telephone counseling program with a personal quit coach (1-800-QUIT-NOW)
- Two week supply over-the-counter NRT at no cost to the member.

COOPER CLAYTON

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 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, 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.

KENTUCKY'S TOBACCO QUIT LINE

1-800-QUIT NOW

Smoking & Tobacco Cessation

The Quit Line is a free, statewide, telephone-based tobacco cessation resource program. The Quit Line 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 800-969-1393.

Steps to Take

1. Visit KEHP's LivingWell website at livingwell.ky.gov to print the 1-800-QUIT NOW voucher or you may call 888-581-8834 to request a copy.
2. Call the Tobacco Quit Line at 1-800-QUIT NOW (800-784-8669) - for deaf or hard of hearing, call 1-800-969-1393.
3. A Quit Line 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. Save the voucher. You will repeat steps 4-6 every 28 days.

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