BlueCross BlueShield of Oklahoma

# Take Advantage of Tools and Support Available to Help You Quit Tobacco Use

## Why Quit Smoking?

Quitting smoking is one of the most important things you can do for your health. In the year after people quit smoking, their chances of getting heart disease is cut in half.

Smoking is the most preventable cause of death and disease in the United States and damages almost every part of the body. Smoking can lead to heart disease, heart attacks, high blood pressure, lung disease, lung cancer, gum disease and other health problems. Second hand smoke can cause health problems for others, too, including children and pets.

## Benefits of Quitting

No matter how long or how much you have smoked, your body begins to heal as soon as you quit.

### Here are some ways you feel better:

- You breathe more easily
- Your sense of smell and taste improves
- You have more energy
- Your lungs become stronger, making it easier to be more active
- You cough less
- Your teeth look better
- Your hair and clothes smell better
- You save money
- You're healthier

*Source: National Cancer Institute, American Cancer Society*

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# Support is Available to Help You Quit

## Take Advantage of Tools and Support Available From Your Health Plan

Use of counseling or medicine — or using them together — can be part of an effective plan to quit tobacco use, which is also referred to as tobacco cessation.

Tobacco cessation services are among the many preventive benefits available through your health plan as long as you visit a doctor in your health plan's provider network. There are no out-of-pocket costs like copays or coinsurance, even if you haven't met your deductible. Talk to your doctor about taking the next steps.

## Counseling Covered

Tobacco use cessation counseling sessions (including telephone, group, and individual counseling) led by qualified doctors are available at no cost share for members of non-grandfathered plans who use tobacco products. Please refer to your benefits materials for information on what benefits are covered at no cost to you.*

## Medications Covered

Your health plan also covers two 90-day treatments for tobacco use cessation medicine per benefit period. This coverage includes a variety of FDA-approved tobacco use cessation drugs (including both prescription and over-the-counter) when prescribed by your doctor.

## For More Information

To learn more about tobacco cessation coverage under your BCBSOK health plan, call the Customer Service number located on the back of your member ID card or log in to Blue Access for Members.℠

## Prescription Drugs Covered

- Buproban
  (bupropion SR 150 mg tablets)
- Chantix
- Nicotrol Inhaler
- Nicotrol NS
- Zyban
  (bupropion SR 150 mg tablets)

## Over-the-Counter Drugs Covered

- Commit
- Nicotine Transdermal Kits
- Nicoderm CQ and generics
- Nicorette gum and generics
- Nicorette lozenges and generics

** Non-grandfathered health plans are required by the Affordable Care Act to provide coverage for preventive care services without cost-sharing only when the member uses a network provider. You may have to pay all of part of the cost of preventive services if your health care plan is grandfathered. To find out if your plan is grandfathered or non-grandfathered, call the Customer Service number listed on your member ID card.*