

CSUSM Health Benefits for Smoking Cessation Programs

Please contact your health plan directly for eligibility verification and coverage details.

<u>Plan</u>	<u>Coverage</u>	<u>Contact Information</u>
Empathia (EAP)	<ul style="list-style-type: none"> • Confidential counseling services offered 24/7. • Guides, articles, and resources to organizations that can assist in smoking cessation. 	Phone: 1-800-367-7474 www.mylifematters.com (Password: cougars)
Anthem Select HMO	<ul style="list-style-type: none"> • Members who participate in a smoking cessation class/program will be reimbursed up to \$100 per class/program per calendar year for nicotine dependency. • Prescription drugs to help stop smoking or reduce dependency on tobacco products, as well as over-the-counter nicotine replacement products (limited to nicotine patches and gum) are covered when obtained with a doctor's prescription. 	Phone: 1-855-839-4524 https://www.13.anthem.com/cp/web/calpers
Blue Shield Access+	<ul style="list-style-type: none"> • Get online and mobile peer support from QuitNet, the largest quit-smoking community in the world for those who want to quit smoking. • Members who participate and complete a smoking cessation class or program will be reimbursed up to \$100 per class/program per calendar year. • Over-the-counter and prescription smoking cessation drugs are covered for Members when ordered by a Physician. 	Phone: 1-800-334-5847 www.blueshieldca.com/sites/calpers/member/home.sp
Health Net Salud y Mas Health Net SmartCare	<ul style="list-style-type: none"> • The Quit For Life tobacco cessation program covers any type of tobacco, lets you talk with a quit coach for encouragement and support, and offers a personalized plan to quit. • In-depth assessment and personalized cessation plans, with medication support recommendations, up to four proactive one-on-one counseling calls, unlimited calls to program clinicians, toolkits for the participant and for family and friends (Ally Guide), and access to the Text2Quit tool. • Members who participate will get a \$100 gift card for completion of either the Quit For Life tobacco cessation program or the Health Coaching program, per calendar year. 	Phone: 1-888-926-4921 www.healthnet.com/portal/member/content/iwc/mysites/calpers/home.action

Kaiser Permanente	<ul style="list-style-type: none"> • Free quit tobacco program includes in-person and telephone support, classes and local support groups. • Over-the-counter medication (nicotine replacement gum, patch, lozenge) available at drug benefit copay. • Most classes are offered at no cost to member. Other services include automated phone feedback and online tools. 	Phone: 1-800-464-4000 or TTY 711 https://my.kp.org/calpers/
PERSCare PERS Choice PERS Select	<ul style="list-style-type: none"> • Smoking Cessation Program covers without cost-sharing: 1. Screening for tobacco use; and 2. For those who use tobacco products, at least two tobacco cessation attempts per year which includes four tobacco cessation sessions (telephone, group, and individual counseling), and FDA approved tobacco cessation medications. • The Plan will reimburse a member up to a maximum of \$100 per calendar year for behavior modifying smoking cessation counseling or classes or alternative treatments for the treatment of nicotine dependency or tobacco use. 	PPO Members: 1-877-737-7776 HMO Members: 1-855-839-4524 www.anthem.com/ca/calpers
Sharp Performance Plus	<ul style="list-style-type: none"> • Kick It! Smoking Cessation: Best Health coaching session (30 minutes by phone) each week. • Prescription drugs to help stop smoking or reduce dependency on tobacco products are available upon completion of two coaching sessions at little or no cost. • Members who participate and complete a smoking cessation class or program will be reimbursed up to \$100 per class or program per calendar year. 	Phone: 1-855-995-5004 https://calpers.sharphealthplan.com/ To enroll for a coaching session call 877-849-2363 or email besthealth@sharp.com
United Healthcare	<ul style="list-style-type: none"> • Coverage for tobacco cessation counseling sessions (including telephone, group, and individual counseling). Two tobacco cessation attempts per year. • FDA approved tobacco cessation medications for a 90-day treatment regimen when prescribed by a health care provider. • Members who participate and complete a smoking cessation class or program will be reimbursed up to \$100 per class or program per calendar year. 	Phone: 1-877-359-3714 or 711 (TTY) http://calpers.welcometouhc.com/

CalPERS: <https://www.calpers.ca.gov/page/home> Phone: 888 CalPERS (or 888-225-7377) TTY: (877) 249-7442