



**A Resource Guide for those who would like to
become smoke and tobacco free**

**Presented by the Broward Health
Employee Assistance Program**

Tobacco Cessation Resource Guide

Congratulations, you are making a healthy choice.

When you first try to quit, change your routine.

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace
- Ask your family, friends, and coworkers for support
- Stay in nonsmoking areas
- Breathe in deeply when you feel the urge to smoke
- Keep yourself busy
- Reward yourself often
- Reduce stress
- Distract yourself from urges to smoke
- Plan something enjoyable to do every day
- Drink a lot of water and other fluids

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Best Choice Plus Insurance Information

Tobacco Cessation Plan

- No prior authorization of tobacco cessation products
- Annual limit of 2 cycles of treatment (12 weeks per cycle)
- Generic only on nicotine replacement products
- Limit to generic Zyban
- Allow exception process if generic Wellbutrin is prescribed from smoking cessation
- Rx or OTC requires a prescription

Covered Products - \$0 Copay

- Bupropion HCl tab SR 12 HR 150 MG
- Nicotine TD patch 24 HR kit 21 MG, 14 MG, & 7 MG/24HR
- Nicotine polacrilex gum 2 – 4 MG
- Nicotine polacrilex lozenge 2- 4 MG
- Varenicline tartrate tab 0.5 – 1 MG (base equivalent) (Chantix Brand)
- Varenicline tartrate tab 0.5 MG x 11 & tab 1 MG x 42 pack (Chantix Brand)

Please note that this information contained herein is for informational purposes only and does not guarantee payment. If you have any questions regarding your plan benefits, please contact Total Claims Administration at (954) 767-5500, and follow the prompts.

Tobacco Cessation Resource Guide Aetna Insurance Information



Tobacco Cessation Plan

Only prescription (Rx) smoking cessation aids are covered:

- Bupropion 150mg SR/Buproban
- Nicotine patch (Rx only)
- Nicotrol Inhaler
- Chantix
- Nicotrol nasal spray
- Zyban

\$0 Co-Pay required.

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Changes when smokers quit



Immediately Air around you no longer dangerous to children and other adults.

20 minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature in hands and feet increase to normal

8 hours

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

48 hours

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

2-12 weeks

- Circulation improves
- Breathing improves
- Walking becomes easier

1-9 months

- Coughing and sinus congestion decreases
- Shortness of breath decreases
- Overall energy increases
- Lungs increase ability to self-clean and reduce infection

1 year

- Excess risk of coronary heart disease is half that of a smoker

5 years

- Stroke risk reduced to that of a nonsmoker
- Risk of cancer of the mouth, throat, and esophagus is half that of a smoker

10 years

- Life expectancy comparable to a nonsmoker
- Lung cancer death rate is about half the rate of a smoker
- Risk of cancer of mouth, throat, esophagus, bladder, kidney and pancreas decrease
- Precancerous cells are replaced

15 years

- Risk of coronary heart disease comparable to that of a nonsmoker



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If you currently use tobacco and would like to receive the Medical Non-Tobacco Rates, you must complete one of the AHEC qualified programs. The program must be one of the three that provide services either face to face, over the telephone, or over the computer.

If you choose to complete an on-line or telephonic program, you must complete a minimum of 7.5 hours of treatment over a six (6) week period. This is comparable to the six week, face to face, smoking cessation classes.

Documentation of program completion for any of the above mentioned options is required to receive the Medical Non-Tobacco Rates.

Broward Health supports 3 easy and free ways to quit.

Tobacco Free Florida offers a number of free convenient resources to help tobacco users quit.

The Florida Quitline and Web Coach® are available 24 hours a day, 7 days a week.

Support groups are available through the Broward Health Wellness Center.

- 1. Online - Program to help you quit tobacco is a click away.**
www.quitnow.net/florida
- 2. Telephone- Talk to a Quit Coach® who can help you quit tobacco.**
Call 1-877-U-Can-Now or (1-877-822-6669)
- 3. Groups for Smoking Cessation (face to face). Six week sessions are approximately 90 minutes per session.**

Smoking Cessation groups are available through:

Broward Health Wellness Center

Telephone: 954-759-7400 to register or
954-355-4499 for more information about the
program.

**Nova Southeastern University Area Health Education
Center Program**

Telephone: (954) 262-1588

Address: 3200 South University Drive
Ft. Lauderdale, Florida 33328

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Support Services

The following resources are available to support you in your goal to become tobacco free.

Please note that the use of these resources without the use of a qualified smoking cessation service will not provide you with the services you need in order to qualify for the Medical Non-Tobacco Rates.

Supportive Counseling Services

Broward Health Employee Assistance Program

The EAP offers supportive individual counseling sessions that can help you to make lifestyle changes. The EAP has counselors that specialize in stress management, motivation for change, health issues, habit change, hypnosis, and more. Benefit eligible employees and dependents may receive four free confidential sessions. Please call the main EAP office at 954-847-4327 or our provider line at 1-800-343-2186.

On Line Resources

American Cancer Society

1-800-227-2345

www.cancer.org

American Heart Association

1-800-242-8721

www.americanheart.org

American Lung Association

1-800-lung-usa

www.lungusa.org

Nicotine Anonymous

1-877-879-6422

www.nicotine-anonymous.org

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What is a Tobacco Product?

The FDA defines the term "tobacco product" as any product made or derived from tobacco that is intended for human consumption, including any component, part, or accessory of a tobacco product. This includes, among other products, cigarettes, cigarette tobacco, roll-your-own tobacco, and smokeless tobacco.

What is Nicotine Replacement Therapy?

Nicotine replacement therapy is commonly abbreviated "NRT".

Nicotine replacement therapy involves the use of products that provide low doses of nicotine but do not contain the toxins found in smoke.

The goal of NRT is to relieve cravings for nicotine and ease the symptoms when someone stops using cigarettes and smokeless tobacco.

WHAT ARE THE TYPES OF NICOTINE REPLACEMENT THERAPY?

Nicotine supplements come in several forms:

- Gum
- Inhalers
- Lozenges
- Nasal spray
- Skin patch

If you would like more information about NRT please contact a trained health care professional.

What happens at the six week smoking cessation classes?

Classes are designed to help you:

- Prepare to quit smoking.
- Select your own quit date.
- Learn strategies and skills to quit and stay tobacco free even in stressful times.
- Have the opportunity to meet and share your experiences with others.
- Learn about and receive (when available) NRT.

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Are electronic cigarettes Nicotine Replacement Therapy?

Electronic cigarettes are not NRTs because unlike traditional nicotine replacement therapy that has been developed to wean a person off of nicotine dependence in a gradual, controlled way, electronic cigarettes have no such medically-endorsed program associated with them. They are largely untested and because they are not regulated, the amount of nicotine in them can vary, as well as other possibly harmful chemical ingredients.

A quick tip to get you started:

Having a quit plan is the first step to success. While the road is not always smooth, being prepared for the bumps along the way will help you stay on course, avoid triggers, and get through nicotine cravings.

While quitting is hard, it is possible, in fact, there are far more former smokers than current smokers in Florida.

From: Tobacco Free Florida

Thousands of people quit smoking successfully every year.

They break the chains of nicotine addiction and they leave smoking behind -- permanently.

You can too.

Your Employee Assistance Program is available to support you in your smoking cessation plan. Please call us for resources, supportive counseling, or to answer your questions.

954-847-4EAP

(954-847-4327)