

TOBACCO CESSATION RESOURCES

As a national leader in healthcare and environmental practices, UC is committed to providing our faculty and staff with a tobacco-free environment. To support this policy and help those who want to quit smoking, the university offers a number of smoking cessation resources for faculty and staff.

All UC-sponsored non-Medicare medical plans provide the following:

- Prescription tobacco cessation products, such as nicotine inhalers, sprays and medications, at no additional cost when prescribed by a physician.
- Over-the-counter tobacco cessation products such as nicotine patches and gum, at no additional cost when prescribed by a physician.
- You can participate in behavioral modification programs to help you quit smoking, but it is not required to receive these benefits.

In addition, some medical plans offer additional resources as shown below. Most are available at no cost; please consult your medical plan's booklet or website for more information.

UC MEDICAL PLAN	ADDITIONAL SERVICES
Blue Shield Health Savings Plan Core UC Care	Quit for Life program will help you create a customized quitting plan and provide telephone and online coaching. Eight weeks of nicotine gum or patches at no additional cost. 1-866-QUIT-4-LIFE (1-866-784-8454) www.quitnow.net/blueshieldca
Health Net Blue & Gold HMO	Six-week Healthy Promotion Program offers weekly action items to help you live smoke-free and other resources. www.healthnet.com/uc
Kaiser Permanente	Telephone-based coaching • Northern California: 866-251-4514 • Southern California: 866-862-4295 Kaiser online resources at http://kp.org/quitsmoking • Healthmedia Breathe (online program) • Quit Smoking (resource page) • Tobacco Medications (resource page) For on-site counseling, classes and programs, contact your local Kaiser medical center for availability
Western Health Advantage	Tobacco cessation programs are available to WHA members through their medical groups.
UC Living Well All UC employees eligible regardless of medical plan. (Participation for represented employees is subject to collective bargaining.)	Personal QuitPower coach helps you set quit date, create personal goals, stay motivated, gain access to resources, quit tobacco and stay tobacco-free. Up to eight weeks of nicotine replacement therapy at no cost http://client.myoptumhealth.com/uclivingwell Dedicated toll free number for UC employees: 1-855-688-9775

PROGRAMS AVAILABLE TO THE GENERAL PUBLIC

- California Smokers Helpline, 1-800-NO-BUTTS
- www.webmd.com/smoking-cessation
- www.SmokeFree.gov/

TO VIEW TOBACCO CESSATION PROGRAMS OFFERED AT YOUR UC LOCATION, VISIT ucal.us/TobaccoFree