

Tobacco Cessation Benefits and Services for Students
Through UC SHIP:

SMOKING CESSATION BENEFITS	SERVICES OFFERED
Office Visits with Student Health Clinicians	To discuss smoking cessation with a clinician call your student health center or go to www.ucop.edu/ucship to make an appointment online through your campus website.
Prescription Drugs	Covered prescription drugs are available at student health centers or Anthem network pharmacies to assist with smoking cessation.
Living Free Program	UC SHIP members receive a 40% discount off Anthem's Living Free program at Anthem.com/ca when you sign on as a member. Living Free is an online training and support program that provides: <ul style="list-style-type: none"> • 12 lessons on how to quit smoking • Coaching and interactive support • A library of information on nicotine addiction and how to kick the habit
24/7 Nurseline	Call 24/7 Nurseline at 877.351.3457 to discuss your health concerns when your campus student health center is closed evenings, weekends and holidays.
Additional Campus Programs and information	Visit ucop.edu/ucship . Go to your campus student health center webpage for smoking cessation information and support. Counselors and health educators are available to answer your questions and provide support.

**As of January 1, 2014,
the University of California is Tobacco-Free.**

UC is committed to providing a tobacco-free environment starting January 2014. To support this policy and help those who want to quit, the university offers a number of resources for faculty and staff.

Beginning Jan. 1, 2014, all UC-sponsored medical plans will provide the following:

- Prescription nicotine replacement therapies, such as nicotine inhalers, sprays and medications, at no additional cost when prescribed by a physician.
- Over-the-counter nicotine replacement therapies, such as nicotine patches and gum, when prescribed by a physician, at the generic co-pay for UC Care, Health Net Blue & Gold and Western Health Advantage. Kaiser members have no copay. Under Core and the Blue Shield Health Savings Plan, these products will be subject to the deductible and coinsurance.
- Behavior modification programs are available, but it is not required to receive these benefits. Co-pays and program fees may apply.

Consult your medical plan's booklet or website for more information.

**Programs available
to the general public:**

California Smokers Helpline:
1-800-NO-BUTTS
www.SmokeFree.gov/



**University of California becomes
Smoke & Tobacco-Free
on January 1, 2014**

Effective January 1, 2014, the University of California joins more than 1,182 colleges and universities nationwide by implementing smoke & tobacco-free policies across the UC system.



Why is the UC Going Smoke & Tobacco-Free?

While the use of tobacco is a personal choice, the health hazards related to smoking and exposure to second- and third-hand smoke are well-documented. These hazards can affect not only the smoker, but also the nonsmoker who is exposed to the smoke.

As a leader in health care and environmental practices, the university recognizes its responsibility to exercise leadership through the creation of a smoke and tobacco-free environment for all students, employees and visitors at all University of California campuses, medical centers and facilities.

Non-permitted Items and Activities

All forms of tobacco, including but not limited to:

- Cigarettes
- Cigars
- Pipes
- Hookahs
- Electronic cigarettes
- All forms of smokeless tobacco
- Tobacco use includes smoking, chewing, dipping or any other use of tobacco products
- Smoking refers to inhaling, exhaling, burning or carrying of any lighted or heated tobacco product, as well as non-tobacco smoking substances and smoking instruments.

Cessation Resources for Staff and Faculty:

As a national leader in healthcare and environmental practices, UC is committed to providing our faculty and staff with a tobacco-free environment by 2014. The information below offers UC faculty, staff and retirees ways to access resources and learn more about smoking cessation programs available systemwide. Copays and program fees may apply — please consult your plan’s booklet or website for more information.

UC Medical Plan	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.
Health Net Blue & Gold HMO	Health Net online resources: Decision Power Health & Wellness
Kaiser Permanente	<p>Telephone-based coaching</p> <ul style="list-style-type: none"> • Northern California: 866.251.4514 • Southern California: 866.862.4295 <p>Kaiser online resources</p> <ul style="list-style-type: none"> • Healthmedia Breathe (online program) • Quit Smoking (resource page) • Tobacco Medications (resource page) <p>On-site counseling, contact your local Kaiser medical center for availability</p>
Western Health Advantage	Tobacco cessation programs are available to WHA members through their medical groups.
UC Living Well All UC employees eligible. (Participation for represented employees is subject to collective bargaining.)	Personal QuitPower coach helps you set quit date, create goals, stay motivated, access resources, quit tobacco and stay tobacco-free. Up to eight weeks of nicotine replacement therapy at no additional cost.