

# 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 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
<b>Anthem Blue Cross Plus</b> <b>Anthem Blue Cross PPO</b> <b>Anthem Lumenos Core</b>	Prescriptions to help you quit  Anthem online resources <ul style="list-style-type: none"> <li>• Living Free (online program — discounted for UC employees).</li> <li>• Healthy Lifestyle Tobacco Free (for Lumenos members only)</li> </ul>
<b>Health Net Blue &amp; Gold HMO</b> <b>Health Net HMO</b>	Prescriptions to help you quit  Discounts on cessation products  Health Net online resources <ul style="list-style-type: none"> <li>• Decision Power Health &amp; Wellness</li> </ul>
<b>Kaiser Permanente</b>	Prescriptions to help you quit  Telephone-based coaching <ul style="list-style-type: none"> <li>• Northern California: 866.251.4514</li> <li>• Southern California: 866.862.4295</li> </ul> Kaiser online resources <ul style="list-style-type: none"> <li>• Healthmedia Breathe (online program)</li> <li>• Quit Smoking (resource page)</li> <li>• Tobacco Medications (resource page)</li> </ul> On-site counseling, contact your local Kaiser med center for availability
<b>Western Health Advantage</b>	Prescriptions to help you quit
<b>Staywell Health Management</b> (available to medical plan members except Kaiser & some union members)	StayWell HelpLine: 800.721.2693  Enrolling in the StayWell - NextSteps Tobacco Cessation online program earns 50 points towards UC's incentive award

## PROGRAMS AVAILABLE TO THE GENERAL PUBLIC

- California Smokers Helpline, 1-800-NO-BUTTS
- [www.SmokeFree.gov/](http://www.SmokeFree.gov/)
- [www.WebMD.com/smoking-cessation/](http://www.WebMD.com/smoking-cessation/)

Your UC location offers the following tobacco cessation programs

(campus)

(program)