

TOBACCO USERS CESSATION ASSISTANCE

The University System of Georgia is providing coverage for over the counter and prescription smoking cessation products. It will include nicotine gum, lozenges, and patches, as well as all prescription products like Chantix and Zyban. These products will be covered under the BCBS plans. There will be a zero co-pay for these smoking cessation products. All over the counter smoking cessation products **must have** a prescription written from a physician in order to have a zero co-pay.

If employees are interested in participating in a cessation program, it is their responsibility to contact the appropriate program and sign up for cessation classes. The following is a list of some of the programs that are currently offered:

Glynn County Health Department Fresh Start Smoking Cessation Class

The Health Department offers a free class each month. Each class consists of four sessions, and all four sessions must be attended. The sessions are from 12:00 pm to 1:00 pm and include lunch and a box of patches. You must preregister for the class. For more information, call **912-279-3350**.

Blue Cross Blue Shield 360° Health Program

The Blue Cross Blue Shield 360 ° Health program offers a variety of information on smoking cessation as well as links to cessation programs. To access this information, go to <http://www.bcbsga.com/timewellspent/smoking/details.html>

American Cancer Society Tobacco Cessation Program

Numerous tobacco cessation classes will be offered through the American Cancer Society in various locations throughout the state. Covered employees who are interested in attending these classes should contact the American Cancer Society at **1-888-227-6333**.

<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>

American Lung Association

Numerous tobacco cessation classes will be offered through the American Lung Association in various locations throughout the state. Covered employees who are interested in attending these classes should contact the American Lung Association at **1-888-436-3626**.

<http://www.lungusa.org/>

The Georgia Tobacco Quit Line (877-270-7867) is available as a resource to smoking employees.

Covered employees taking advantage of these classes may incur a nominal fee which is not covered by the USG.