

# Healthy Lifestyles<sup>SM</sup> Solutions Tobacco Cessation Program

Get up to \$150 back when you complete an approved program to help you quit using tobacco

You probably know many of the reasons why you should quit smoking — it can help you breathe easier, live longer, and protect the health of those around you. Quitting isn't easy, and many people try more than once before they succeed, but it's worth it.

To help you quit for good, our Healthy Lifestyles<sup>SM</sup> Solutions Tobacco Cessation Program will reimburse you up to \$150 for completing an approved tobacco cessation program. If you're 18 or older and your program costs less than \$150, you can apply the difference toward reimbursement of nicotine replacement products or medications prescribed to you to help you quit.

## How it works

You don't have to enroll in the Healthy Lifestyles Solutions Tobacco Cessation Program to be eligible for reimbursement. When you meet the eligibility requirements, just submit your documentation to [ibx.com/reimbursements](http://ibx.com/reimbursements) to request reimbursement.

### 1. Sign up for an approved tobacco cessation program.

See page 2 for information about choosing an approved program that will work for you.

### 2. Complete the approved program.

Complete an eligible program that focuses on behavior modification and provides frequent and regular support, such as weekly meetings or telephone-based sessions.

### 3. Submit documentation and request your reimbursement.

Log on to [ibx.com/reimbursements](http://ibx.com/reimbursements) and submit the following documentation:

- proof of your participation in an approved tobacco cessation program or a certificate of completion
- all program receipts and receipts for nicotine replacement products or medications prescribed to you to help you quit

Once all of your documentation is submitted, you can request your reimbursement to be paid by direct deposit or American Express rewards card.\*

\* Please note that American Express charges a fee of \$4.00 plus three percent of the reimbursement amount.



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**Approved tobacco cessation programs include those that focus on behavior modification and provide frequent and regular support.**

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# Tobacco Cessation Program guidelines

## Selecting a tobacco cessation program

No matter who you are, you can find a program that will give you the type of support and encouragement you need to kick the habit. Eligible programs include those that focus on behavior modification and provide frequent and regular support such as weekly meetings or telephone-based sessions.

Work with your health care provider to determine which method is best for you. You can opt for an individual approach, or choose a program that offers group support. Some programs can even help you manage stress, avoid weight gain, and overcome barriers to quitting. You can also choose a program offered by a network hospital in your area. Search for a network hospital in your area at [ibxpress.com](http://ibxpress.com) or contact our Health Resource Center at 1-800-ASK-BLUE for more information.

## The following are not reimbursable:

- Co-pays, coinsurance, deductibles
- Hypnosis
- Acupuncture
- Dietary supplements; injections
- Electronic cigarettes

## Support for quitting other forms of tobacco

There are 28 known cancer-causing substances in chewing tobacco, spit tobacco, and other smokeless tobacco products. All smokeless tobacco contains nicotine, so it's just as addictive as cigarettes. And if you use any form of smokeless tobacco, you put yourself at an increased risk for serious health conditions including tooth decay, gum disease, and oral cancers of the lip, tongue, cheeks, gums, throat, and floor and roof of your mouth. If you're using smokeless tobacco, make a commitment to quit today. Many of the tobacco cessation programs that are eligible for our reimbursement also support individuals who want to quit using smokeless tobacco.

## Nicotine replacement and medication prescribed to assist with tobacco cessation

You may be eligible to obtain nicotine replacement medications under your pharmacy plan with a prescription from your doctor.

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**You are only eligible for one reimbursement per program, per calendar year.**

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**For more information, please contact Healthy Lifestyles Solutions at 1-800-590-8880.**

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