Want to know more?

- Call 866-415-7138 on weekdays from 8 a.m. to 5 p.m.
- Visit GeisingerHealthPlan.com.
- Members, call the Tel-A-Nurse audio library at 877-543-5061.



If you aren't a member but would like help quitting tobacco, these organizations offer phone counseling 24/7:

American Cancer Society
800-ACS-2345 or 800-227-2345

American Lung Association
800-LUNG-USA

National Cancer Institute Smoking Quitline
877-44U-QUIT

Pennsylvania Free Quitline
800-784-8669

Visit the federal government's website, smokefree.gov, for more resources.

Geisinger Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

Attention: If you speak English, language assistance services, free of charge, are available to you. Call 800-447-4000 (PA RELAY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (PA RELAY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (PA RELAY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000（TTY：711）。

The products and services in the program are neither offered nor guaranteed under any Geisinger Health Plan, or Geisinger Quality Options, Inc. or Geisinger Indemnity Insurance Company benefit programs.

2040-9472-8/20

GEISINGER HEALTH PLAN

Ready to quit?

You can do it.



Geisinger

Kick the tobacco habit. We'll help.

Quitting tobacco is tough — but it's also one of the smartest things you can do for your health. So take the steps to quit that are proven to be successful.

Why to consider quitting

If you have a tobacco habit, this program is for you. Tobacco use is the single most preventable cause of disease and premature death in our country. When you quit using tobacco (including smokeless tobacco), you lower your risk of:

- Heart attack
- Stroke
- Lung disease
- Throat, mouth and other cancers

No matter where you are in the process, we can help you keep moving.

Taking action

Planning to quit

Knowing it's right to quit, but not quite ready

Considering quitting some day

Not thinking about quitting

How the program works

The best way to quit the tobacco habit is by learning ways to change your behavior. You can do that with professional support through phone, group or web-based coaching. Sessions are personalized to your needs and can be scheduled when it's convenient for you.

Your healthcare provider may also recommend medication to help you quit.

Using one or more of these strategies boosts your odds of quitting for good.

Medications

Along with counseling, medication therapy can help you successfully stop tobacco use. Our plans often cover both prescription and over-the-counter medications, including nicotine replacement products, bupropion (the generic form of Zyban) and Chantix.

Your formulary (list of covered medications) will tell you your specific coverage for these prescriptions.

To be sure your medication is covered, call customer service at the number on the back of your member ID card.



Cost

You pay nothing at all for the coaching program, which is open to all members. Your health benefits cover the cost of coaching sessions provided by our staff. We also partner with other coaching programs.

Does this actually work?

This program is personalized to you, so it improves your chances for success. We developed this program based on a study of 2,400 Geisinger patients measuring the short- and medium-term health and quit rates.

Give it a shot. We think you can beat this with just a little help.

