

Tobacco Cessation Program Options



WVU Healthcare



Mary Babb Randolph Cancer Center



Options Offered to All Employees and Community Members

WEST VIRGINIA TOBACCO QUIT LINE

Phone coaching is available to WVU students through the West Virginia Tobacco Quit Line. These phone coaches are highly trained professional health educators certified in tobacco cessation. Please call 1-877-966-8784 to sign up.

Options for WVUH Employees

With Mountain State Blue CrossBlue Shield Insurance:

TELEPHONIC SMOKELESS

A one-year telephone-based program that includes five scheduled outbound calls by your own professional tobacco cessation specialist. Participants have unlimited inbound toll-free calls to address additional concerns and receive support.

GUIDED SELF-HELP SMOKELESS

A self-administered tobacco cessation program that helps people quit at their own pace. Users have unlimited toll-free access to a qualified tobacco cessation counselor.

To enroll, or for more information about these programs, please call 1-800-345-2476.

Non-Prescription Nicotine Replacement Therapy Guidelines

WVUH employees may choose to receive an 8-week supply of a non-prescription smoking cessation aid (gum or patch) for \$25. Your health plan will pay the remainder of the cost. This special pricing may be used once per year. To be eligible, employees must enroll in and complete either the Telephonic Smokeless or the Guided Self-Help Smokeless smoking cessation program.

Prescription Smoking Cessation Drug Reimbursement Guidelines

With a prescription from a physician, WVUH employees may obtain smoking cessation drugs at a discount at the Medical Center Pharmacy only. A 30-day supply of Chantix is currently priced at \$25. To be 100% reimbursed for this cost, employees must enroll in and complete either the Telephonic Smokeless or the Guided Self-Help Smokeless smoking cessation program. All receipts from the pharmacy must then be turned in to Human Resources and the employee will be reimbursed for the discounted price they originally paid.

Options for UHA Employees

UHA employees and other employees without Mountain State Blue Cross Blue Shield or PEIA insurance may utilize the following resources:

WEST VIRGINIA TOBACCO QUIT LINE

When you call the Quit Line, the helpful staff will assist you in determining your needs. These phone coaches are highly trained professional health educators certified in tobacco cessation. Please call 1-877-966-8784 to sign up.

OTHER RESOURCES

- ♦ www.smokefree.gov
- ♦ www.quitnet.com
- ♦ www.cdc.gov/tobacco
- ♦ www.bobquits.com

Options for WVU Students

Non-prescription nicotine replacement therapies are available to all enrolled students. For more information, call the WVU Student Health Service at 304-293-2311.

WEST VIRGINIA TOBACCO QUIT LINE

Phone coaching is available to WVU students through the West Virginia Tobacco Quit Line. These phone coaches are highly trained professional health educators certified in tobacco cessation. Please call 1-877-966-8784 to sign up.

Students may also request assistance from the Carruth Center for Counseling and Psychological Services at 304-293-4431.

Options for WVU-HSC Employees

WEST VIRGINIA TOBACCO QUIT LINE

Phone coaching is available to WVU students through the West Virginia Tobacco Quit Line. These phone coaches are highly trained professional health educators certified in tobacco cessation. Please call 1-877-966-8784 to sign up.

With PEIA Insurance:

If you want to quit using tobacco, PEIA offers the following benefits.

- An office visit with a physician twice per 12-month period for smoking-related counseling.
- Nicotine patches at no cost to the member; both the deductible and the copayment are waived on nicotine patches when prescribed by a physician and purchased at a network pharmacy.
- All other prescription and over-the-counter (OTC) tobacco cessation products after deductible with the applicable generic, preferred or non-preferred copayment, depending on their status on PEIA's Preferred Drug List.

There is no need to enroll in a program. When you're ready to quit, just schedule a visit with your doctor to discuss quitting and get a prescription for any covered over-the-counter product or prescription medication to help you quit.

Only members paying the "tobacco use" premium have access to these benefits. Members may use the tobacco cessation benefit three times per lifetime. This includes previous attempts.

With Carelink Insurance:

Carelink covers over-the-counter generic nicotine replacement therapies at 100%. Prescription products are covered according to the formulary. For more information, please call 800-378-7040.

With Health Plan HMO:

Health Plan HMO provides referrals to local programs and Freedom From Smoking classes in some regions. For more information, please call Joy Gillespie at 740-695-7640.

PLEASE NOTE: In addition to the services listed above, pregnant women may also use the services of the West Virginia Tobacco Quit Line. Please call 1-877-966-8784 to sign up.



On November 19, 2009, West Virginia University Hospitals and University Health Associates went to a tobacco-free campus. The West Virginia University Health Sciences Center went tobacco free on June 4, 2010.

The new policies apply to patients and visitors as well as physicians, nurses, staff and students. All buildings have been smoke free for many years. The policies will apply to the outsides of buildings, including sidewalks and parking lots.

We appreciate your cooperation as we work to set a healthy example for the community!