

RESOURCES TO HELP YOU...

Quit Smoking

HERE ARE SOME IDEAS TO HELP YOU BECOME TOBACCO FREE:

- Make a plan with your healthcare provider.
- Set a "Quit Date" and stick to it. Tell everyone who will be supportive about your plan.
- Use "NRT" (*Nicotine Replacement Therapy*). Available forms include patches, gum and inhaler. Check your pharmacy benefits.
- Use medication that may decrease your craving for a cigarette. Bupropion (*Zyban* or *Wellbutrin*) may be helpful in quitting. Check your pharmacy benefits.
- Participate in education classes/support groups or telephone counseling programs. Studies show that people who use behavior change, telephone counseling or classes in addition to NRT or medication are more successful at quitting and staying quit.
- Most people make several attempts at quitting before they are tobacco-free. Think of a relapse as a learning experience.
- Quitting tobacco can be accomplished.

REMEMBER, THE URGE TO USE TOBACCO PASSES IN 5 MINUTES, WHETHER YOU USE IT OR NOT.

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Blue Care Network

- Blue Healthline Smoking Cessation Program telephone based support (800) 811-1764
- Health Education Department answers/questions about programs (800) 637-2972

Covered Pharmacy:

Nicotrol Nasal Spray, Nicotrol Inhaler, Zyban. The use of nicotine patches and gum are encouraged as first line of therapy. Prior authorization and/or quantity and duration limits may apply.

Care Choices

- Stop Smoking Program telephone counseling or community programs (800) 424-5252

Covered Pharmacy:

The following products are covered after enrolling in program: Habitrol, Nicoderm CQ, Nicotrol, Nicotine Patch, Nicorette Gum, Zyban & Nicotrol Nasal Spray (Nicotrol Inhaler not covered)

Health Alliance Plan

- Smoking Intervention Program telephone based Approved classes in Southeast Michigan (888) 427-7587

Covered Pharmacy:

Nicorette Gum, Habitrol Patch, Nicoderm Patch, Nicotrol Nasal Spray, Nicotrol Inhaler and Zyban

M-Care

- General information on smoking cessation programs (888) 448-3865
- "Smokeless" Chelsea InternalMedical Consultants (734) 475-8677
- "Freedom from Smoking" University of Michigan Health System M-Fit Health Promotion Division (734) 936-5988

- Committed Quitters

'Smoking Cessation Program' (800) 770-0708

Receive a \$25 rebate after purchase of Nicorette or Nicoderm CQ

- University of Michigan Health System Health Education Resource Center Guided Self-Help 'Smokeless' Program (800) 433-6348

Audiotapes, other materials and toll free counseling

- Personal Growth Technologies 'One-On-One Program' 800-551-4467

Audiotapes, videotapes, handbook and toll free help line

Covered Pharmacy:

Pharmacy coverage based on product line. Please call the Life Long Health Management Program for your specific benefit coverage.

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