

Smoking and tobacco cessation Programs and services

Are you ready to quit?

The Kentucky Employees' Health Plan (KEHP) provides, at no cost to the member beginning January 2014, over-the-counter nicotine replacement therapies to members of KEHP who participate in an approved smoking or tobacco cessation program.

To participate, you must:

- Be a KEHP member
- Be a tobacco user, 18 years old or older, and be designated as a tobacco user on the KEHP health insurance application
- Actively participate in an approved smoking/tobacco cessation program and attend all regularly scheduled sessions

Approved programs

Cooper-Clayton Program

This is a 13-week program that uses education, skills training, and social support in combination with the use of nicotine replacement products. Classes consist of 13 one-hour sessions, per week. Visit www.kcp.uky.edu/CC.html or call **1-606-784-6458** to find a class near you.

Kentucky Tobacco Quit Line

A phone based counseling service that provides one-on-one counseling with a trained tobacco cessation counselor. To learn more, call **1-800-QuitNow (1-800-784-8669)**. If you use a TTY, please call **1-800-969-1393**.

Get started today:

- 1) **Print your voucher.** Visit Livingwell.ky.gov to print the Cooper-Clayton or Kentucky Tobacco Quit Line program voucher form. You can also call **1-888-581-8834** to request a copy.
- 2) **Get your voucher signed.** Have your program facilitator sign your voucher.
- 3) **Fax your signed voucher.** Fax the signed voucher to the Department of Employee Insurance (DEI) at **502-564-5278**. DEI will verify your eligibility and fax or mail it back to you.

- 4) **Show your voucher.** Show the signed and approved voucher to your pharmacy to get your nicotine replacement therapies for no additional cost.

- 5) **Save your voucher.** Repeat steps three and four every 28 days.

Additional resources

HumanaVitality® Health Coaching Program

A program where your coach will help you design a personal plan. Your plan will include information about decreasing your dependency, smoking and tobacco cessation, managing withdrawal, and dealing with cravings. You can enroll one of two ways:

- 1) **Enroll online.** Visit Livingwell.ky.gov and click "HumanaVitality Login." Enter your MyHumana username and password. If you're new to HumanaVitality, click "Register now" and follow the prompts. Once you complete your health assessment, you'll be given the opportunity to set a goal. By setting and completing your goal, you'll earn Vitality Points™.
- 2) **Call 1-800-622-9529.** Call Humana's Health Planning and Support line and select "Nurse Advice" and then "Health Planning and Support."

Online resources

- Visit www.cdc.gov/tobacco/quit_smoking, the Centers for Disease Control and Prevention's How to Quit website. Here you'll find a variety of cessation tips, tools and resources.
- Visit smokefree.gov, a website dedicated to helping smokers quit.

Humana®



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