

# You CAN Quit Using Tobacco!

It takes hard work to stop smoking, chewing tobacco or using snuff. But, there are lots of great reasons to quit.

- You may live longer and feel better.
- You will reduce your chance of a heart attack, cancer or stroke.
- You will have more energy and breathe easier.
- If you are pregnant, your baby will get more oxygen and be healthier.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than tobacco products!



The State Health Plan for Teachers and State Employees has many resources and benefits to help you.

<b>TOBACCO USE CESSATION TOOLS &amp; RESOURCES</b>	
<p><b>NC Tobacco Use Quitline</b>  <b>1-800-QUIT-NOW</b>                      (1-800-784-8669)</p> <p>Open 8:00am-3:00am,                      7 days a week,                      in English and Spanish</p>	<p>QuitlineNC is a telephone quit tobacco program. Quit Coaches® will call you at your convenience up to three times after your initial call to coach you on quitting, goal setting, problem solving and medications. QuitlineNC can help you if you smoke, chew or use snuff. You will be mailed educational materials and can be enrolled in a web-based program for extra support.</p> <p><b>Free nicotine replacement therapy patches will also be offered to members through the Quitline.</b> You must be enrolled in the multiple-call coaching program to receive free patches.</p> <ul style="list-style-type: none"> <li>• You do not need a prescription</li> <li>• You can get 4 months of patches per Plan year for up to 2 years</li> <li>• Patches will be mailed directly to your home</li> </ul>
<p>Tobacco Cessation Counseling</p>	<p>Counseling by a physician, nurse practitioner, physician assistant or behavioral health provider is covered.</p>
<p>Prescription Medications</p>	<p>The following prescription medications are covered:</p> <ul style="list-style-type: none"> <li>• Nicotine Replacement Therapy Patches with a prescription:                             <ul style="list-style-type: none"> <li>- \$10 generic copay</li> <li>- \$5 over-the-counter generic copay</li> </ul> </li> <li>• Bupropion (generic for Zyban): \$10 generic copay</li> <li>• Nicotrol Nasal Spray, Nicotrol Inhaler, Varenicline (Chantix): \$35 copay</li> </ul>
<p>Other Plan Resources</p>	<ul style="list-style-type: none"> <li>• NC HealthSmart Health Coaches 24/7 at 1-800-817-7044</li> <li>• NCHealthSmart Personal Health Portal: <a href="http://www.shpnc.org">www.shpnc.org</a></li> <li>• Blue 365™: <a href="http://www.shpnc.org/sc-my-member-services.html">www.shpnc.org/sc-my-member-services.html</a></li> <li>• Worksite Wellness: <a href="http://www.shpnc.org/worksite-wellness.html">www.shpnc.org/worksite-wellness.html</a></li> </ul>
<p>Non Plan Resources</p>	<ul style="list-style-type: none"> <li>• Become an EX: Re-learn life without cigarettes: <a href="http://www.becomeanex.org">www.becomeanex.org</a></li> <li>• American Cancer Society: <a href="http://www.cancer.org">www.cancer.org</a></li> <li>• American Lung Association's Freedom From Smoking program: <a href="http://www.lungusa.org">www.lungusa.org</a></li> </ul>