

Tobacco Cessation Resources: How to get help

Ready to finally kick the habit? Let us help.

Providence Health Plan has a variety of resources to help you quit. Research shows that counseling or support in combination with medication (nicotine replacement and/or prescription medication) offers the best shot at breaking free from tobacco. It’s up to you to decide what works for you – but know that we are here to help.

Resource	Description	How to access the service	Cost
Tobacco Cessation Benefits			
Counseling	Counseling by participating providers to assist with tobacco cessation.	To access these services members must visit an in-network provider. To identify providers in your network go to www.providencehealthplan.com , select ‘Find a Provider’ or call the Providence Resource line at 503-574-6595 or 800-562-8964.	No benefit limit, covered in full when provided in network by a participating provider.
Deterrent Medications	Deterrent medications to assist with tobacco cessation.	Need prescription or note from provider in order to obtain medications free of charge. Must be obtained at a participating pharmacy, even if over the counter. Medication examples include: <ul style="list-style-type: none"> • Prescription: Chantix, Bupropion SR (version that is generic for Zyban only) and Nicotrol NS • Over the Counter: Nicotine replacement patches, nicotine gum and lozenges 	Free for prescription and over the counter medications with note or prescription from provider.

www.ProvidenceHealthPlan.com/quitsmoking

Check out the back side of the flyer for additional resources.

Resource	Description	How to access the service	Cost
Value Added Benefits – Additional resources just for being a Providence Member			
Classes	Classes to assist with tobacco cessation.	Providence Classes: Call the Providence Resource Line at 503-574-6595 or 800-562-8964. For more information or to register go to: www.providence.org/classes .	Free for Providence Health Plan Members
		Participating Facilities: To find participating facilities, please go to www.ProvidenceHealthPlan.com , and select ‘Find a provider’, then ‘Provider Directories’. Members can obtain a claim form online and submit for reimbursement.	Free for Providence Health Plan Members
Quit for Life – telephone-based cessation program	Nationwide telephone-based cessation program provides ongoing support with a quit counselor. Individuals also receive access to quitting aids such as patches and gum.	Calls 1-866-QUIT-4LIFE to start counseling.	Free for Providence Health Plan Members
Health Coaching – telephone-based cessation program	Providence lifestyle coaching. 12 telephonic sessions.	Call 877-330-2746 to set up a telephone consult or log in to www.myProvidence.org to learn more.	Free* for Providence Health Plan Members
Tobacco Quit Line – telephone-based cessation program	One-on-one telephone counseling with trained professionals and referrals to smoking cessation resources in their area.	Call 800-QUIT-NOW (800-784-8669).	Free
For additional details about your tobacco cessation benefits, consult your Providence Health Plan benefit summary and member handbook. For customer service, please call 503-574-7500 or 800-878-4445.			

*Free for large groups. Please contact customer services to see if this service is available to you.

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