Tobacco Cessation & Pharmacy Aid

WHAT IS THE TOBACCO CESSATION PHARMACY PROGRAM ?

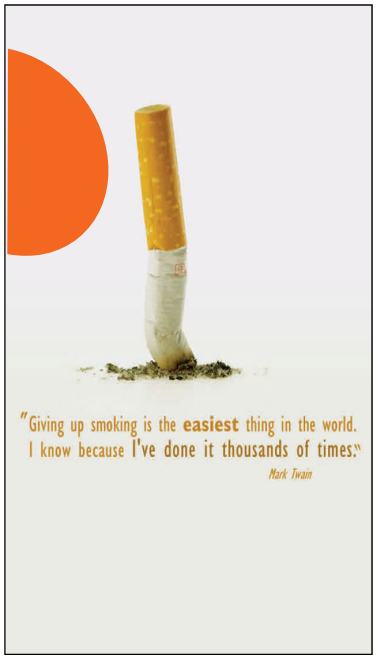
This program is a benefit of your Optima Health plan that covers the cost of tobacco cessation medications. Your plan will have a Tier Two drug co-pay for prescriptions and over-the-counter medications. Consult with your doctor for a prescription to receive a tobacco cessation medication on a tire two. The plan will not cover experimental treatment medications, supplements, and/or vitamins for tobacco cessation.

DO I NEED TO BE PRE-AUTHORIZED ?

No. Once you receive a prescription from your doctor and have picked up the tobacco cessation medication from the Pharmacy on a tier two, you will then be enrolled in one of the four support groups.

HOW DO I GET MY TC MEDICATION ?

Step 1: Consulting with your primary doctor and discuss which prescription will be best for you.
Step 2: Go to your local pharmacy to purchase your tobacco cessation prescription.
Step 3: Once you've purchased the medicine, Optima Health will contact you immediately to enroll you in a mandatory Tobacco Cessation Pharmacy Program of your choice.



HOW DO I PARTICIPATE?

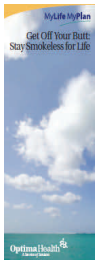
Discuss your quit plan with you doctor to receive a prescription. Employees must participate in one of the four Tobacco Cessation counseling options listed below:

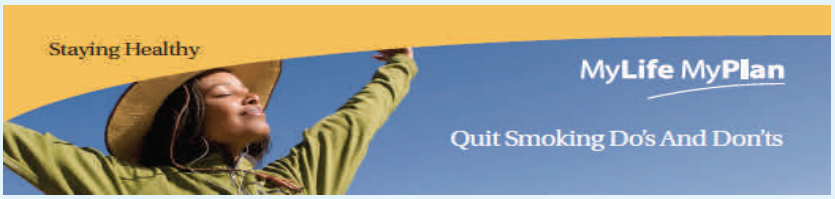
> Telephonic Counseling:
Counseling is provided by Optima Health Certified Tobacco Treatment Specialist at **(757) 552-7530** or contact a Healthways Lifestyle Management Coach at **1-866-449-9705**

> CD Self Paced Program:
Call 1-800-SENTARA (1-800-736-8272)

> Group Program:
A 4-week educational and support Program that helps employees develop a plan to stop the tobacco habit and dependency. Call 1-800 SENTARA to register.

> American Cancer Society (ACS)
American Lung Association (ALA)
Call local offices for program times and enroll in a tobacco cessation program.





Call
1-800-736-8272
or visit optimahealth.com/mylifemyplan for tobacco cessation information.

DO:

- Be patient with yourself.
- Be positive; use self-talk.
- Be proud of small accomplishments.
- Take time for yourself.
- Believe that you can be a non-smoker.
- Get lots of rest.
- Use your sense of humor.
- Talk to someone.
- Drink water often.
- Remember why you chose to become tobacco-free.

DON'T:

- Be impatient.
- Worry about "forever."
- Be negative.
- Neglect yourself.
- Drink a lot of alcohol.
- Overdo.
- Take yourself too seriously.
- Be afraid to ask for help.
- Believe you can have "just one."
- Forget the reason you quit.