

Tobacco-Cessation Resources

American Greetings Vendor Resources	Eligibility	Contact Information
UnitedHealthcare – Quit for Life Program Quit for Life is a clinically proven tobacco cessation program that uses an evidence-based combination of physical, psychological and behavioral strategies to help overcome tobacco addiction. The course is 8-weeks long and includes telephonic coaching, online learning, digital tools and nicotine replacement therapy. Covered at no cost to associate. Effective March 1, 2021	All UHC medical plan enrolled associates and dependents	UnitedHealthcare 800-397-9249 myuhc.com
OptumRx Prescription Drug Program 100% coverage (no deductible or copay) for over-the-counter (OTC) Nicotine replacement gum, lozenge and patch as well as the prescription medication Bupropion (generic Zyban). Get a prescription from your doctor, even if products are sold OTC, and fill at a network pharmacy. Additional prescriptions may be available after these have been tried – see your doctor for prior authorization.	All UHC medical plan enrolled associates and dependents	UnitedHealthcare 800-397-9249 myuhc.com
Health Advocate Employee Assistance Program (EAP) Referrals to quit smoking support groups and organizations. Information available on the Health Advocate website under the Health tab.	All benefits-eligible associates, spouses, dependent children, parents and parents-in-law	Health Advocate (EAP) 1-877-240-6863 HealthAdvocate.com/members
Quit Lines	Eligibility	Contact Information
Quit Lines Support varies by state but may include telephonic and online counseling, online tools and resources, free nicotine replacement therapy (patch, lozenge, gum) and local support.	All Ohio associates	Ohio Quit Line 1-800-QUIT-NOW Ohio.quitlogix.org
	All Kentucky associates	Kentucky Quit Line 1-800-QUIT-NOW Quitnowkentucky.org
	All Arkansas Associates	Arkansas Quit Line 1-800-QUIT-NOW Bewellarkansas.org
	All Tennessee Associates	Tennessee Quit Line 1-800- QUIT NOW Tnquitline.com
For states not listed, go to www.map.naquitline.org for your state's Quit Line information or call 800-QUIT NOW.	All Associates	1-800-QUIT NOW

Organizations	Contact Information
American Cancer Society	1-800-227-2345 Cancer.org
National Cancer Institute – Smoking Quit Line	1-877-448-7848 Smokefree.gov
American Lung Association	1-800-LUNGUSA Lung.org
CDC – Center for Disease Control and Prevention Tobacco-related news, research, cessation information and educational materials.	1-800-232-4636 CDC.gov