



Tobacco Cessation Programs

The following are the approved tobacco cessation programs:

1. A tobacco cessation class or support group sponsored by a local hospital:
 - Contact your local hospital to find out their class schedules and cost. Most hospital programs last between 4 weeks and 8 weeks.
 - An Associate and/or their covered spouse will each be eligible for reimbursement one time per year for the reasonable cost of a hospital tobacco cessation class they complete. A receipt is required for reimbursement.
 - Hospital programs will provide you with a certificate of completion. Please send the certification to the Benefits Department along with your payment receipt for reimbursement.
2. Use of Nicotine Replacement Therapy monitored by your physician:
 - Your physician can prescribe you over-the-counter therapy or prescription therapy.
 - Have your physician submit a signed letter (to the address below) on their letterhead or prescription pad stating they are monitoring your tobacco cessation through Nicotine Replacement Therapy.
3. Complete a 1-800-QuitNow telephonic or online course:
 - You will need to ask for a certificate of completion once you've finished the course. Please send this document to the address listed below.
4. Sharecare:
 - Digital health coaching at www.sharecare.com.