



STATE HEALTH BENEFIT PLAN (SHBP) 2015 RETIREE TOBACCO USERS CESSATION POLICY FOR KAISER PERMANENTE MEMBERS

This policy applies to SHBP members covered under Kaiser Permanente who are tobacco users and paying the tobacco surcharge. This policy allows you to have the tobacco surcharge removed by completing the Tobacco Surcharge Removal requirements through Kaiser Permanente as outlined on page 2.

Kaiser Permanente offers a telephonic tobacco cessation wellness coaching program Quit Tobacco, online Healthy Lifestyles 'Breathe' program and onsite group support Quit Smart classes to assist SHBP members to quit using tobacco products. SHBP members who enroll and complete the telephonic tobacco cessation wellness coaching program-Quit Tobacco, onsite group support Quit Smart classes or online Healthy Lifestyles 'Breathe' program are eligible for surcharge removal. Details regarding Kaiser Permanente programs are listed on page 2.

The maximum surcharge applies if the member or any of the member's enrolled dependents are not tobacco-free or do not complete the Tobacco Surcharge Removal Requirements.

If you and your enrolled dependents complete the Tobacco Surcharge Removal Requirements, you will be able to avoid the surcharge for the entire year. This means that all of the tobacco surcharge you paid in 2015 may be refunded after the completion of all of the Tobacco Surcharge Removal Requirements. All Tobacco Surcharge Removal Requirements must be completed in 2015.

TOBACCO SURCHARGE REMOVAL REQUIREMENTS

NOTE: Tobacco-Free means that you have not used tobacco products within the last 60 days.

If you are Tobacco-Free for less than 60 days you are subject to the tobacco surcharge unless you do the following:

1. Go to <https://healthworks.kp.org/shbp> and click on the sign-on button.
 - Sign on by entering your kp.org user ID and password.
 - If you are not registered at kp.org, click the “Register now” button to obtain a user ID and password.
2. Go to www.kp.org/healthylifestyles
 - Select “Take a total health assessment”
 - Log in, then click ‘Continue to healthy lifestyle programs’
 - Click on HealthMedia® Succeed™ (It takes most people about 20-30 minutes to complete)

The Total Health Assessment (THA) is an important part of your screening process. Get a personalized report that:

- Shows your most important health risks and where simple changes will have the biggest impact
 - Is tailored to your concerns and readiness to change
 - Can help your doctor create a better care plan for you
3. Complete the Quit Smart group class, telephonic tobacco cessation wellness coaching program- Quit Tobacco or online Healthy Lifestyles ‘Breathe’ program in 2015.
 - Classes: Enroll in ‘Quit Smart Program’ at Kaiser Permanente (KP) medical office or at your worksite:
 - Members call KP at 404-365-0966 or 800-611-1811 or online at kp.org/classes
 - Non-members call 404-364-7117
 - Telephonic Tobacco Cessation Wellness Coaching: Schedule a telephonic tobacco cessation wellness coaching session ‘Quit Tobacco’ at 866-862-4295, Monday through Friday, from 9 am to 10 pm. A wellness specialist will help you determine if you are ready to quit and if so, will make an appointment.
 - Online program: Select the ‘Quit Tobacco’ button for the online ‘Breathe’ program on www.kp.org/classes/mas. Please be sure to complete the program in its entirety.
 4. Notify KP at 404-365-0966 or 800-611-1811 that you have completed the Tobacco Surcharge Removal Requirements and request a Letter of Completion to retain for your records.
 5. Once you have completed Steps 1, 2, 3 and 4 above, KP will send a notification to SHBP of your completion of the Tobacco Surcharge Removal Requirements and tobacco cessation status.