



STATE HEALTH BENEFIT PLAN (SHBP) 2014 RETIREE TOBACCO USERS CESSATION POLICY

This policy applies to members who are tobacco users and paying the tobacco surcharge.

Healthways offers telephonic tobacco cessation well-being coaching programs to assist SHBP members to quit using tobacco products. SHBP members who enroll and are actively engaged in the telephonic tobacco cessation well-being coaching programs are eligible for coverage of tobacco cessation medications. For complete details or to sign-up for the well-being coaching, please call Healthways at: 1-888-616-6411.

This policy allows you to have the tobacco surcharge removed by completing the surcharge removal requirements through your well-being vendor, Healthways, as outlined below.

The maximum surcharge applies if the member or any of the member's enrolled dependents are not tobacco-free or do not complete the well-being coaching program.

If the covered tobacco user (you and any of your covered dependents) completes the telephonic tobacco cessation well-being coaching program, you will be able to avoid the surcharge for the entire year. This means that all of the tobacco surcharge you paid in 2014 will be refunded after the completion of all of the tobacco surcharge removal requirements. All tobacco surcharge requirements must be completed in 2014.

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:

You must:

1. Complete the online Healthways Well-Being Assessment in 2014 at BeWellSHBP.com by clicking "Take My Well-Being Assessment" to begin.
2. Once you complete your Well-Being Assessment within 24 hours you will receive an email from Healthways to create your Well-Being Plan. Please complete your Well-Being Plan.
3. Complete a telephonic tobacco cessation well-being coaching program through Healthways in 2014. Please call Healthways at: 1-888-616-6411 to enroll.
4. Once you have completed Steps 1, 2 and 3 above, call Healthways at 1-888-616-6411, select the coaching option, and notify them that you have completed the requirements for tobacco surcharge removal and request a Letter of Completion to retain for your records.

If you think you might be unable to complete the tobacco cessation well-being coaching program, you might qualify for an opportunity to avoid the tobacco surcharge by different means. Contact Healthways at: 1-888-616-6411 and we will work with you (and, if you wish, with your doctor) to find a well-being program with the same reward that is right for you in light of your health status.