



STATE HEALTH BENEFIT PLAN (SHBP) 2016 RETIREE TOBACCO USERS CESSATION POLICY FOR KAISER PERMANENTE (KP) MEMBERS

This policy applies to Kaiser Permanente members 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.

The surcharge (\$80 per month) 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 2016 may be refunded after the completion of all of the Tobacco Surcharge Removal Requirements. All Tobacco Surcharge Removal Requirements must be completed in 2016.

Kaiser Permanente offers a variety of options to assist SHBP member's efforts to quit using tobacco products. Such options include:

- **Quit Tobacco** – Telephonic Wellness Coaching
- **Breathe** – Online Healthy Lifestyle Program
- **QuitSmart** - Onsite group support

The following steps for Tobacco Surcharge Removal are for SHBP members covered under the Kaiser Permanente Plan Option ONLY and will not satisfy surcharge removal requirements for members enrolled in other Plan Options.

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. Register on kp.org
 - Visit kp.org
 - Click the "Register now" button to obtain a user ID and password.
2. Take the KP Total Health Assessment (THA)
 - Go to: www.kp.org/healthylifestyles
 - Select "Do a total health assessment"

The THA takes most people about 20-30 minutes to complete

3. Take action! Complete **one** of the following activities in 2016.

Quit Tobacco – Telephonic Wellness Coaching

- Schedule a telephonic tobacco cessation wellness coaching session by calling 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 schedule an appointment.

Breathe - Online Healthy Lifestyle Program

- Visit www.kp.org/classes/mas
- Click on the "Quit Smoking" link and you will be directed to the **Breathe** program
- Be sure to complete the program in its entirety.

QuitSmart- Onsite group support

- Enroll in a **Quit Smart** program at a Kaiser Permanente Medical office or at your worksite (where applicable).
- **Members** can register by calling: 404-365-0966 or 800-611-1811 or online at [kp.org/ classes](http://kp.org/classes)
- **Non-members** can register by calling: 404-364-7117

4. Once you have completed the 3 steps above, call KP at 855-512-5997 and notify us that you have completed the Tobacco Surcharge Removal Requirements and request a Letter of Completion to retain for your records.

If you think you might be unable to complete the Tobacco Surcharge Removal Requirements, you might qualify for an opportunity to avoid the tobacco surcharge by different means. Contact Kaiser Permanente at 855-512-5997 and we will work with you (and, if you wish, with your doctor) to find a program with the same reward that is right for you in light of your health status.