



**STATE HEALTH BENEFIT PLAN (SHBP)  
2016 RETIREE TOBACCO USERS CESSATION POLICY  
FOR BLUE CROSS AND BLUE SHIELD OF GEORGIA (BCBSGa)  
AND  
UNITEDHEALTHCARE MEMBERS (non-Medicare Advantage)**

**It takes 6 to 8 weeks to complete the Tobacco Surcharge Removal Requirements.  
You must complete the Healthways Well Being Assessment and a telephonic well-being coaching program or any online tracking by December 15, 2016.**

This policy applies to BCBSGa and UnitedHealthcare (non-Medicare Advantage) 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 your well-being vendor Healthways as outlined below.

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.

Healthways offers telephonic tobacco cessation coaching programs to assist SHBP members and their dependents to quit using tobacco products. SHBP members are allowed to participate in tobacco cessation coaching at no additional cost to them. For complete details or to sign-up for the telephonic tobacco cessation coaching, please call Healthways at: 888-616-6411 or for the online tobacco cessation program go to [www.BeWellSHBP.com](http://www.BeWellSHBP.com) and select Tobacco Cessation.

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 all of the Tobacco Surcharge Removal Requirements. All Tobacco Surcharge Removal Requirements must be completed in 2016.

**Tobacco Surcharge Removal Requirements**

**The following steps are for SHBP members covered under BCBSGa and UnitedHealthcare (non-Medicare Advantage) Plan Options 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:**

**You must:**

1. Complete the online Healthways Well-Being Assessment between January 1 and December 15, 2016 at [BeWellSHBP.com](http://BeWellSHBP.com) by clicking "Take My Well-Being Assessment" to begin.
2. Complete a telephonic tobacco cessation coaching program through Healthways between January 1 and December 15, 2016 by calling Healthways at 888-616-6411 to enroll, **OR** complete the following online activities:
  - Go to [www.BeWellSHBP.com](http://www.BeWellSHBP.com) and select Tobacco Cessation from the Program Overview section. Follow the instructions and register with QuitNet.
  - Set a quit date on QuitNet.
  - Download the quit guide.
  - Login and join the daily pledge on QuitNet at least 10 times over 30 days.
3. Once you have completed Steps 1 and 2 above, call Healthways at 888-616-6411, select the coaching option, and notify them 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 Healthways at 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.