

STATE HEALTH BENEFIT PLAN MEMBERS YOUR 2012 TOBACCO CESSATION WELLNESS COACHING BENEFIT PROGRAM

Grow Healthy. Live Well.

UnitedHealthcare Tobacco Cessation Wellness Coaching Program

- Our Tobacco Cessation Wellness Coaching program is designed to assist eligible SHBP members and their covered dependent(s) 18 years of age or older to stop using tobacco products such as cigarettes, cigars, pipe and chewing tobacco. The primary goal of the program is for eligible SHBP members to quit using tobacco products and to remain “tobacco-free” thereby preventing the health complications associated with tobacco use and helping SHBP members live healthier lives.
- In addition, completion of the program helps eligible SHBP members to eliminate the cost of the Tobacco surcharge.
- This program is available through all UnitedHealthcare plans offered to eligible SHBP members covered under: Choice HMO Wellness and Standard; HRA Wellness and Standard; and High Deductible Wellness and Standard.
- Our Tobacco Cessation Wellness Coaching program includes coverage of Over-the-Counter (OTC) and Prescription tobacco cessation medications. A prescription is required for the Over-the-Counter (OTC) tobacco cessation medications in order to be covered under this program.
- Eligible SHBP members must be enrolled and actively engaged in the telephonic Tobacco Cessation Wellness Coaching program in order to be eligible for coverage of tobacco cessation medications. Please Note: Tobacco cessation medications (Over-The-Counter and Prescription) are not covered for eligible SHBP members who are not actively engaged in the telephonic Tobacco Cessation Wellness Coaching Program.
- Below are the Over-the-Counter (OTC) and Prescription tobacco cessation medications:

Prescribed OTC tobacco cessation medications:	Prescription tobacco cessation medications:
<ul style="list-style-type: none">• Commit[®] Lozenges• Nicoderm CQ[®] Patch• NICOrelief[™] Gum• Nicorette[®] Gum and Lozenges• Nicotine Gum, Lozenge and Patch• Nicotine Transdermal System Patch	<ul style="list-style-type: none">• Bupropion* (Zyban[®])• Nicotine spray (Nictrol[®] NS)• Nicotine inhalation system (Nicotrol[®] Inhaler)• Varenicline (Chantix[®])

- Only one cycle (one cessation attempt) of one tobacco cessation medication (OTC or Prescription – not both) will be covered per plan year. One cycle of Over-the-Counter (OTC) tobacco cessation medications is eight (8) weeks and one cycle of the Prescription tobacco cessation medications is twelve (12) weeks.
- A one time cycle of OTC tobacco cessation products will be covered through mail order only at no cost to you.
- A one time cycle of Prescription tobacco cessation medications will be covered through a network retail pharmacy and for the applicable pharmacy coinsurance/copayment.
- SHBP members may find out more information about the program by visiting www.welcometouhc.com/shbp or calling the number on the back of your health plan ID card or calli

