

Health Plan Smoking Cessation Programs

Please contact your health plan directly for eligibility verification and coverage details

Health Plan	Plan Coverage	Contact Information
<p><u>Anthem Blue Cross</u> HMO & EPO</p>	<p>Smoking Cessation program – members who participate in a smoking cessation class/program will be reimbursed up to \$100 per class/program per calendar year for nicotine dependency.</p>	<p>Phone: (855) 839-4524 https://www13.anthem.com/calpers</p> <p>Evidence of Coverage:</p> <ul style="list-style-type: none"> • Traditional HMO • Select HMO • EPO – Monterey County
<p><u>Blue Shield</u> HMO & EPO</p>	<p>QuitNet - integrates many intervention modalities, including online and mobile support from experts and peers, personalized email and SMS text support.</p> <p>Get support and pick your own path:</p> <ul style="list-style-type: none"> • Join a giant global community of quitters • Receive email and SMS text support • Gain peer-to-peer connections that provide instant and long-term support and help prevent relapses • Get expert online guidance and advice from trained counselors 	<p>Phone: (800) 334-5847 www.blueshieldca.com/calpers Health and Wellbeing: mywellvolution.com</p> <p>Evidence of Coverage:</p> <ul style="list-style-type: none"> • Access + HMO • Blue Shield EPO
<p><u>Health Net of California</u> HMO</p>	<p>Quit for Life Tobacco Cessation – online smoking cessation program. The program begins with an in-depth assessment and the development of a personalized cessation plan, including medication support recommendations for over-the-counter and prescription drugs.</p> <ul style="list-style-type: none"> • Four pro-active one-on-one counseling calls • Unlimited calls to Nurse Advice Line <p><i>All CalPERS Health Net Basic members who complete the Quit For Life tobacco cessation program by enrolling and completing four live calls with their quit coach can earn a \$100 incentive per calendar year</i></p>	<p>Phone: (888) 926-4921 https://www.healthnet.com</p> <p>Evidence of Coverage:</p> <ul style="list-style-type: none"> • Salud HMO y Mas • SmartCare HMO

<p>PERSCare PERS Choice <u>PERS Select</u> PPO</p>	<p>Smoking Cessation program – Four tobacco cessation counseling sessions (including telephone counseling, group counseling, and individual counseling) without prior authorization. <i>Members who participate in a smoking cessation class/program will be reimbursed up to \$100 per class/program per calendar year for nicotine dependency.</i></p>	<p>Phone: (877) 737-7776 https://www13.anthem.com/calpers</p> <p>Evidence of Coverage:</p> <ul style="list-style-type: none"> • PERSCare • PERS Choice • PERS Select
<p><u>Kaiser Permanente</u> HMO</p>	<p>Telephone Wellness Coach - Reach your health goals with wellness coaching. Increase your motivation, identify effective strategies, medications, and get support to make an effective quit plan. You and your coach talk one-on-one by phone, when it is convenient for you. English and Spanish available. Members only – no fee.</p> <p>Quit Tobacco Workshop (1 Session) - This one-session workshop is designed to help you develop your own quit plan. In a positive no-pressure environment, learn about the nature of addiction, cessation strategies and medications, and ways to prevent relapse. Open to the community. No Fee for members; \$25 for non-members. Locations are in Vacaville, Fairfield, Vallejo, and Napa.</p> <p>Freedom from Tobacco (7 Sessions): Declare your freedom and join our tobacco cessation program. Learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to deal with withdrawal. Open to the community. Fee: No fee for members; \$60 nonmembers; Locations: Vacaville, Fairfield, Vallejo, and Napa</p>	<p>Telephone Wellness Coach: (866) 251-4514 Health Education Department:</p> <ul style="list-style-type: none"> ○ Fairfield Kaiser: (707) 427-4466 ○ Napa: (707) 258-4490 ○ Vacaville: (707) 624-2225 ○ Vallejo: (707) 651-2692 ○ kp.org/mydoctor ○ kp.org/mydoctor/stayinghealthy ○ kp.org/quitsmoking ○ kp.org/healthylifestyles <p>Evidence of Coverage:</p> <ul style="list-style-type: none"> ○ Kaiser Basic Plan HMO
<p><u>United Healthcare</u> HMO</p>	<p>Members who participate and complete a smoking cessation class or program will be reimbursed up to \$100 per class/program per calendar year.</p>	<p>Phone: (877) 359-3714 www.myuhc.com</p> <p>Evidence of Coverage:</p> <ul style="list-style-type: none"> ○ SignatureValue Alliance HMO