

# Get Help Quitting Tobacco & Save \$\$

No matter which health plan you choose, you can get help quitting tobacco. When you sign up for the quit tobacco program with Blue Cross Blue Shield, United Healthcare or Kaiser, you'll be able to work toward eliminating your tobacco surcharge and get help putting the money you're spending on tobacco back into your pocket.

*Note: Participation in these programs is completely voluntary and confidential*



## For BCBS & United...

Blue Cross and United members who join the quit tobacco program get access to QuitNet – the world's largest online network of people who have quit or are trying to. You will be able to find a quit buddy, chat in online communities for support and learn strategies for dealing with cravings and avoiding weight gain.

Additionally, you will work with a trained counselor in phone coaching sessions, and get periodic e-mail tips that offer motivation and encouragement. You will also have access to Nicotine Replacement therapy.

To get started, go to: [www.bewellshbp.com](http://www.bewellshbp.com) or call 1-888-616-6411

## For Kaiser...

To take advantage of Kaiser's prescription and over-the-counter cessation therapies, go to [www.my.kp.org/shbp](http://www.my.kp.org/shbp) or call 1-855-512-5997



## What is tobacco costing you?

### Cigarettes

1 Pack per Week  
**\$330/yr**

1 Pack per Day  
**\$2,330/yr**

### Chewing Tobacco

1 Can per Week  
**\$200/yr**

1 Can per Day  
**\$1,100/yr**

### SHBP Surcharge

\$80 per Month  
**\$960/yr\***

\*Note that tobacco users may qualify for tobacco surcharge refunds or adjustments of premiums paid in this year by completing Tobacco Surcharge Removal Requirements. Visit the SHBP website in January to learn about all the requirements: <https://shbp.georgia.gov/tobacco-surcharges>

Don't forget...

Have your insurance card handy when you're ready to sign up!