

Get Help Quitting Tobacco & Save Money

All State Health members can get help quitting tobacco.

What kind of help will I get?

As a Blue Cross or United member, when you join the quit tobacco program, you will get access to QuitNet, the world's largest online network of those who have quit or are quitting. 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 you will get periodic e-mail tips that offer motivation and encouragement. You will also have access to Nicotine Replacement therapy.

Note: *Joining QuitNet is completely voluntary and confidential.*

Attention Kaiser Members: While you will not have access to QuitNet, you can still get help from Kaiser if you're ready to quit tobacco. To take advantage of prescription and over-the-counter cessation therapies, just call the number below or visit the Kaiser website to learn more.



What Does Tobacco Cost Each Year?

Cigarettes

Average price of 1 pack of cigarettes: **\$5.51**
If you smoke a pack a week.... **\$286.52 per year**
If you smoke a pack a day.... **\$2,011.15 per year**

Chewing Tobacco

Average price of 1 can: **\$4.00**
If you chew 1 can per week.... **\$208.00 per year**
If you chew 1 can per day.... **\$1,456.00 per year**

State Health

SHBP Surcharge: \$80 per month, **\$960 per year***

*Note that tobacco users may qualify for tobacco surcharge refunds or adjustments of premiums paid in 2016 by completing Tobacco Surcharge Removal Requirements. Visit the SHBP website in January to learn about all the requirements: <https://dch.georgia.gov/shbp-plan-surcharges>.

Call or Go Online to Get Started!



www.BeWellSHBP.com
1-888-616-6411

OR

my.kp.org/shbp
1-855-512-5997

**Barrow
Benefits**