

Stop-smoking support options for employees

Enhanced options from Blue Balance

(available through December 2003)

Internet support: QuitNet.com

24-hour-a-day Internet stop-smoking support service offers personalized resources, counselor advice, online community forums and e-mail support. This support is helpful if you're considering quitting smoking, planning to quit, or have recently quit and need support. ● Start your 365-day membership anytime from now through December 2003 ● Available to all Blue Cross employees at no charge ● Enroll at <http://www.quitnet.com> ● See Blue Balance database for more information and enrollment instructions

On-site group support: Freedom From Smoking® (American Lung Assoc.)

Six to 12 group members meet weekly for seven weeks with a professional facilitator, with a goal to quit in the fourth week. Includes education, peer support and practical assistance with developing a quitting strategy. Available to all Eagan-based Blue Cross employees at no charge ● Half of each 90-minute meeting regarded as work time ● E-mail Mary Hunter for schedule ● See Blue Balance database for more information

Lunch-time appointment and medication evaluation

Short appointments are available with John Shirriff, M.D., at the Behavioral Health Services Inc. (BHSI) Eagan Clinic. Physician will review brief medical history, assess whether Zyban® and/or nicotine replacement therapy is appropriate, write prescription(s) and provide brief counseling. ● Free nicotine patch "starter kits" (two-week supply) provided if you and the doctor decide on that method. ● Available to Blue Cross employees ● Call (651) 662-0800 (the BHSI registration number) ● Cost of office visit is \$90. Your cost depends on your medical plan (\$15 copay for Triple Gold members) ● See Blue Balance database for more information

Ongoing options

Phone support

Blueprint for Health® phone-based stop-smoking program

After an initial phone or mail assessment, trained counselors schedule follow-up phone calls at your convenience and help you design and carry out a plan for quitting that reflects your individual situation. ● Call 1-800-835-0704 to get started ● Available to all employees with Blue Cross health plan coverage and to covered family members at no charge ● See Blue Balance database for more information

Medication support

FDA-approved nicotine replacement therapies and Zyban®

With a physician's prescription, employees with Triple Gold coverage can obtain any FDA-approved nicotine replacement therapy and/or Zyban® for their copayment amount or 20% of cost, whichever is more. ● Other employees' cost depends on their health plan and what medication is used. ● Employees with CMM 250 or Options Blue coverage, see stop-smoking medication assessment Q & A on Blue Balance database for more information

Employee Assistance Program (EAP)

For employees concerned about how to cope with their job and/or personal life without smoking, the Employee Assistance Program (EAP) offers a free, confidential resource. Professional counselors will listen, assess your situation, and then help you take the next steps. ● Available by phone 24 hours: Call 1-800-432-5155 ● Available to all Blue Cross employees and members of their households at no charge ● See Blue Balance database for more information