

### **Tobacco Cessation Programs**

Want to quit using tobacco and avoid the Tobacco Surcharge? Highmark has several programs available to you to help you quit!

#### **Blues on Call Health Coach**

By calling Blues on Call at 1-888-258.3428 you will have access to specially trained Health Coaches. Your personal Health Coach is available from 9:00 a.m. to 9:00 p.m. to guide you to programs for tobacco cessation. They will assist you in creating goals, help you overcome barriers, and guide you on a path to lifelong wellness. This program includes unlimited phone calls to your Health Coach!

- ✓ For more information or to enroll call 1-888-BLUE-428 (1-888-258-3428) or the number on the back of your ID card.

#### **Tobacco Cessation Guide by Sharecare**

The Tobacco Cessation Guide takes you on the journey towards a commitment to quit using tobacco. This seven week guide starts with why to quit, then moves on to establishing immediate health incentives, overcoming fears about quitting, preparing to quit, understanding the quick steps to get started and finally developing a meaningful plan to quit.

- ✓ To get started, log into your Sharecare portal to access the Tobacco Cessation Guide.

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#### **Tobacco Cessation Medications**

In addition to these programs, tobacco cessation medications and nicotine replacement therapy are available at no cost to Ollie's Associates participating in the Highmark Insurance plan. Includes:

- Chantix (Varenicline)
- Commit
- Nicoderm CQ
- Nicorelief
- Nicorette
- Nicotrol
- Zyban (Bupropion)

**If you have completed one of these tobacco cessation programs and/or have stopped using tobacco products, please e-mail [benefits@ollies.us](mailto:benefits@ollies.us) to see if you are eligible to have your tobacco surcharge removed!**

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at [benefits@ollies.us](mailto:benefits@ollies.us) and we will work with you (and if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status."