

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.

Digital Health Assistant powered by WebMD

This is an online self-guided program that begins with a series of interactive questions to help you create a customized program based upon your goals and activities to meet those goals. Tracking features monitor your progress, provide personalized feedback and encourage the celebration of successes.

- ✓ To get started, log into your Highmark member website and select the Health & Wellness Tab.

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 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 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."