



Boise Cascade

HEALTHY
MEASURESSM
A healthier you starts here

Tobacco Cessation Program Overview

If you're ready to quit using tobacco, you don't have to do it alone. Boise Cascade offers a free tobacco cessation program.

Enroll in a 12-week online Tobacco Cessation Workshop

The tobacco cessation workshop is designed to help you become tobacco free by the end of the course. It's all online – so you can work at your own pace.

How it works

- Log in to members.bcidaho.com and select the WellConnected logo
- Select **WELLNESS** > **Wellness Workshops** > **Manage Workshops**
- Under the “Add” section, select **12 Week Tobacco Cessation**; your selection will be highlighted; select **Signup**
- Log in weekly to complete all assigned tasks assigned (which may include videos and interactive tools)



Ask for a prescription when you meet with your doctor!

Most medications prescribed for tobacco cessation – including generic nicotine patches, lozenges, and gum, as well as Chantix – are covered at 100% under preventive items and services. But you do need a prescription (even for over-the-counter medications). So don't forget to ask your doctor when you go in for your wellness visit. For more information on what is covered, contact Express Scripts at 800-857-6356 or www.express-scripts.com.