



Boise Cascade



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; simply choose the option that works best for you. **Important note:** If, on your Health Qualification Form, you indicate that you use tobacco but agree to enroll in a company-sponsored tobacco cessation program, **you must take action** to remain eligible for the *Healthy Measures* incentive. The enrollment deadline is November 30, 2017, and enrollment is verified.

Option 1: Work with a health coach

Health coaching, administered by Blue Cross of Idaho, gives you one-on-one, personalized support for all your health goals – including your goal to quit tobacco. To make it easy, you choose how to communicate with your coach: by phone, email, or through the Wellness portal.

How it works:

- Call **855-216-6844** -OR-
- Email **WellConnectedCoach@bcidaho.com** - OR -
- Log in to **members.bcidaho.com** and select the WellConnected logo
 - Select the **Health Coaching > Message Center**
 - Select **+ Create a New Message**; complete the form; select **Send**

Option 2: 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, too – 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; click **Signup** button
- Log in weekly to complete all assigned tasks (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.

