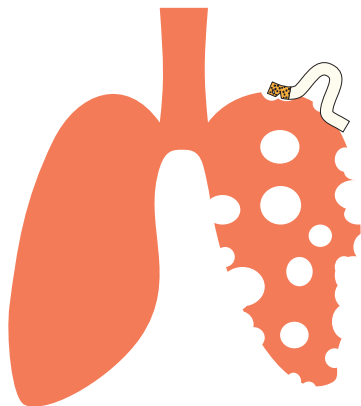


Tobacco is the leading cause of preventable death in the United States. Every cigarette is harmful to the health of the smoker and everyone around him or her; the good news is that the health benefits of quitting begin immediately. To ensure our valued employees live long, healthy, and happy lives, the City of Boston maintains a smoke free workplace and has negotiated comprehensive tobacco cessation benefits with all city of Boston Health plans.



Building a Healthy Boston
Mayor Martin J. Walsh

Stop
&
Quit

What better time than now to quit smoking? The cost of doing nothing is 100% higher than the cost of enrolling in a smoking cessation program through your City of Boston health insurance plan.

City of Boston Insurance Offers Several Options that Support Smoking Cessation

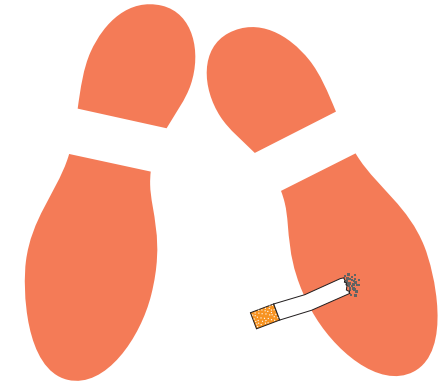
Quitting is hard, but it doesn't have to be costly. All three City of Boston health insurance plans offer benefits for tobacco users trying to kick the habit and lead a healthier lifestyle. Benefits include in-person or telephone-based counseling sessions with a trained smoking cessation specialist and/or over the counter and prescription medication to support smoking cessation. Benefits differ by insurance provider, and are reflected in the chart below.

Ask your primary care physician (PCP) or nurse practitioner for a prescription to take advantage of these benefits for a reduced cost or at no cost.

Counseling and Support through the City of Boston

In addition to your health insurance tobacco cessation benefits, the City of Boston's Employee Assistance Program (EAP) is offering FREE cessation counseling for all City of Boston employees.

During your first appointment, an EAP clinician will provide a "Starter Kit" containing two week's worth of nicotine replacement therapy (NRT) to help you get started*. As mentioned above, during this initial two-week period, it is highly recommended that the employee meet with their PCP to obtain a prescription for additional nicotine replacement therapy (NRT) and/or a prescription cessation medication.



To learn more about smoking cessation services and other support programs, please contact the City of Boston Employee Assistance Program at (617) 635-2200. All calls are confidential.

*While supplies last.

INSURANCE PLAN	CESSATION COUNSELING BENEFIT	CESSATION PHARMACY BENEFIT
Harvard Pilgrim HMO	Covers unlimited number of sessions through primary care visit (copay applies).	Tiered coverage applies. Tier 1: FDA-approved nicotine replacement therapy (NRTs) Tier 2: Chantix (up to 26 weeks) Tier 3: Prior authorization and in conjunction with step therapy for Wellbutrin
Blue Cross Blue Shield Blue Care Elect Preferred PPO	Covers unlimited number of visits for individual in-person counseling (copay applies). Prior authorization required for group counseling.	Tiered coverage applies. Tier 1: FDA-approved NRTs (approved for two 90-day treatments per member, per calendar year); Budeprion approved Tier 2: Chantix Tier 3: Wellbutrin (with clinician approval)
Neighborhood Health Plan	Covers 8 sessions with primary care physician; authorization needed for additional visits (copay applies).	Tiered coverage applies. Tier 1: FDA-approved NRTs; Budeprion approved Tier 2: Chantix Tier 3: Not available