

### Want to know more?

- Call 866-415-7138 (PA Relay 711) weekdays 8 a.m. to 5 p.m.
- Visit [geisingerhealthplan.com](https://www.geisingerhealthplan.com).
- Members, call the Tel-A-Nurse audio library at 877-543-5061.

If you aren't a member but would like help quitting tobacco, these organizations offer phone counseling 24/7:

**American Cancer Society**  
800-ACS-2345 or 800-227-2345

**American Lung Association**  
800-LUNG-USA

**National Cancer Institute Smoking Quitline**  
877-44U-QUIT

**Pennsylvania Free Quitline**  
800-784-8669

Visit the federal government's website, [smokefree.gov](https://www.smokefree.gov), for more resources.

Geisinger Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

**Attention: If you speak English, language assistance services, free of charge, are available to you. Call 800-447-4000 (PA RELAY: 711).**

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (телетайп: 711).

注意:如果您使用繁體中文,您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。

# Ready to quit?

## You can do it.

# Geisinger

*The products and services in the program are neither offered nor guaranteed under any Geisinger Health Plan, or Geisinger Quality Options, Inc. or Geisinger Indemnity Insurance Company benefit programs.*

# Kick the tobacco habit. We'll help.

Quitting tobacco is one of the smartest things you can do for your health. So take steps to quit that are proven to be successful.

When you quit using tobacco (including smokeless tobacco), you lower your risk of:

- Heart attack
- Stroke
- Lung disease
- Throat, mouth and other cancers

## Steps to quitting

- Identify your reason to quit.
- Recognize triggers that may cause you to use tobacco.
- Create a plan of action.
- Enlist help. Call Geisinger health and wellness at 866-415-7138 (PA Relay 711) or visit [events.geisinger.org](https://events.geisinger.org) to register for our cessation programs.

## Geisinger cessation programs

### Freedom from Smoking

This eight-session, interactive program developed by the American Lung Association gives you the skills and support you need to quit using tobacco for good.

### Health coaching

Coaching sessions are personalized to meet each member's needs. We offer as many sessions as you need to set and reach your goals.

## Medications

Along with counseling, medication therapy can help you stop using tobacco. Our plans often cover both prescription and over-the-counter medications, including nicotine replacement products, bupropion (the generic form of Zyban) and Chantix.

Your formulary (list of covered medications) will tell you your specific coverage for these prescriptions.

To be sure your medication is covered, call customer service at the number on the back of your member ID card.

## Cost

You pay nothing for the cessation programs, which are open to all members. Your health benefits cover the cost of these programs. We also partner with other coaching programs.

Give it a shot. We think you can beat this with just a little help.

Scan the QR code to register for the next available Freedom from Smoking class or call 866-415-7138 (PA Relay 711) to sign up for personalized health coaching.

