

Tobacco-Free Incentive Available



As an incentive to be tobacco-free, PMH benefited employees who complete a tobacco cessation program by **March 31, 2020**, or within **90 days** of the effective date of health insurance coverage, will receive a waiver of the tobacco surcharge.

How to Qualify:

- 1 Enroll in telephonic tobacco cessation coaching with HealthFitness by calling 800.337.8508, option 2.
- 2 Complete six sessions of telephonic tobacco cessation coaching with HealthFitness by **March 31, 2020**, or within **90 days** of the effective date of health insurance coverage.
- 3 Submit written confirmation to your Human Resources representative after completion of the six telephonic tobacco cessation coaching sessions. Your completion of the required sessions will be verified by Human Resources through reporting from HealthFitness.

Once the above requirements are met and verified, the \$50 per month tobacco surcharge will be removed from the employee cost of health care insurance effective the first pay period following the submission of verification of the completed tobacco cessation program, and the tobacco surcharge collected prior to that pay period will be rebated.



Get Started Today! 800.337.8508, and select option 2.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees enrolled in the PMH medical plan. 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 Sandie Sekely at sandie.sekely@prospectmedical.com and we will work with you (and, if you wish, with your doctor) to find an alternative activity with the same reward that is right for you in light of your health status.

Tobacco Cessation Resources

In addition to the tobacco cessation health coaching available to you through HealthFitness, there are a variety of no-cost cessation resources available to you, listed below. **Please note that these resources do not count as a 'tobacco cessation program' for removal of the tobacco surcharge but may provide you with additional help in quitting tobacco use.**

Nationwide Resources

- 1-800-QUIT-NOW (1-800-784-8669): A free, phone-based service.
- 1-855-DÉJELO-YA (1-855-335-3569): A free, phone-based service (Spanish).
- BeTobaccoFree.gov: <https://betobaccofree.hhs.gov/>
This Health & Human Services website provides one-stop access to tobacco-related information.
- Smokefree.gov (Available in Spanish): <https://espanol.smokefree.gov/>
This website that provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.
- Smokefree Smartphone Apps: <https://smokefree.gov/tools-tips/apps/quitstart>
Smokefree smartphone applications that help you track your quit smoking progress, receive motivational reminders, and more.
- SmokefreeWomen: <https://women.smokefree.gov/>
This website provides free, accurate information and assistance to help women quit smoking and stay tobacco-free.

State Resources

- California: <https://www.nobutts.org/>
- Connecticut: <https://www.committoquitct.com/>
- New Jersey: <https://www.nj.gov/health/fhs/tobacco/quitting/>
- Pennsylvania: <https://pa.quitlogix.org/en-US/>
- Rhode Island: <https://ri.quitlogix.org/en-us/>



Nicotine Replacement Therapy (NRTs): Employees enrolled in the medical plan have access to Nicotine Replacement Therapy (NRTs) with a \$0 copay. Ask your provider for more information.

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