

TOBACCO CESSATION INCENTIVE PROGRAM

Don't quit alone. You have supporters.

 sharecare

Be Well SHBP

BeWellSHBP.com

888-616-6411

Quitting tobacco can be easier than you would think; with QuitNet® to guide and support you. QuitNet lets you choose the support that works best for you. [You can choose to participate in the online version of QuitNet or through the phone coaching QuitNet.](#) Or you may choose a combination of the two to help you quit. It's confidential, voluntary and is available at no additional cost to you to sign up. **Participation can qualify you to have the monthly tobacco surcharge removed.**

ONLINE QUITNET:

- Set a quit date to mark milestones and track your progress.
- Create a personal profile to connect with other members.
- Take the daily pledge to stay quit.
- Download the Quit Guide.
- Share your feelings, and give and receive encouragement.
- Send and receive private messages with other members and expert coaches.
- Calculate the savings you'll gain when you quit, and more.

PHONE COACHING QUITNET:

- Made up of a series of five (5) required telephonic calls with a well-being coach including a quit date call and post quit date calls.
- It takes 6-8 weeks to complete the calls.
- If at any time you backtrack and need to restart the program, you can set a new quit date and try again.
- Enroll in the coaching program as many times as you like or feel you need.

HOW YOU BENEFIT:

- You get support that fits your specific needs through personal coaching from an expert who understands what you're going through.
- You choose how you get support and how often, over the phone or online.
- Learn strategies for dealing with cravings and avoiding weight gain.
- Participation can qualify you to have the monthly tobacco surcharge removed.

READY TO GET STARTED?

To enroll in phone coaching QuitNet, call 888-616-6411, Monday through Friday, 8:00 a.m. to 8:00 p.m. ET. To join online QuitNet, register at QuitNet.com/state-of-georgia. See detailed directions in the FAQs below.

QuitNet Frequently Asked Questions

WHO IS A TOBACCO CESSATION COACH?

Your coaching team consists of experienced professionals who understand the unique challenges of quitting tobacco, whether you smoke or use smokeless tobacco products. Coaches receive ongoing training so that you get the best possible care.

HOW MUCH DOES THE TOBACCO CESSATION INCENTIVE PROGRAM COST?

The program is confidential, voluntary, and offered at no additional cost to you.

WHO CAN PARTICIPATE?

Members, covered spouses and covered dependents 18 years of age or older can enroll as many times as they like or feel they need.

WHY SHOULD I PARTICIPATE?

Your health and well-being are important, but sometimes you need a little help to make them a priority. All SHBP members and covered spouses who participate in tobacco cessation coaching program and complete the RealAge test will earn 240 well-being incentive credits to help offset eligible medical and pharmacy expenses. Dependents 18 or older are not eligible for the incentive.

HOW MANY CALLS ARE REQUIRED IN THE TOBACCO CESSATION COACHING PROGRAM?

The program is made up of a series of five required telephonic calls with a tobacco cessation coach including a quit date call and post quit date calls.

WHAT IF I SET A QUIT DATE AND TRY TO QUIT BUT START UP AGAIN?

If at any time you backtrack and need to restart the program, you can set a new quit date and try again. You, your covered spouse and covered dependents 18 years of age or older are allowed to enroll in the coaching program as many times as you like or feel you need.

HOW DO I JOIN THE ONLINE QUITNET PROGRAM?

Go to QuitNet.com/state-of-georgia and follow the steps to register. Then, complete these three steps:

1. Set a quit date on QuitNet.
2. Download the quit guide.
3. Login to QuitNet and join the daily pledge on QuitNet at least 10 times over 30 days.

TELL ME MORE ABOUT THE ONLINE SUPPORT TOOL?

QuitNet's online site, offers you ongoing encouragement from the largest online community of people who have quit or are quitting tobacco. The program also offers access to interactive tools to help you set your quit plan, the most up-to-date tobacco news and friendly, expert advice to give you that extra boost when you need it most.

Tobacco Surcharge Questions

WHAT IS THE SHBP TOBACCO SURCHARGE POLICY?

The tobacco surcharge is an \$80 monthly charge you pay in addition to your health insurance expense. The charge is intended to promote tobacco cessation and use of the tobacco cessation coaching program.

HOW MUCH IS THE SHBP TOBACCO SURCHARGE?

The tobacco surcharge is a flat \$80 per family.

WHAT IF I DON'T SMOKE ANYMORE BUT I AM STILL PAYING THE SURCHARGE?

If you have been tobacco free for 60 days and wish to have the surcharge removed, contact Sharecare for the steps to be taken.

HOW DO I GET THE TOBACCO SURCHARGE REMOVED?

If the covered tobacco user (you and any of your covered dependents) completes the Tobacco Surcharge Removal Requirements, outlined on the next page, you will be able to avoid the surcharge for the entire year. This means that all the tobacco surcharge you paid in 2018 may be refunded after the completion of all of the Tobacco Surcharge Removal Requirements. All Tobacco Surcharge Removal Requirements must be completed in 2018.

WHAT IF I CAN'T COMPLETE THE SURCHARGE REMOVAL REQUIREMENTS?

If you think you may be unable to complete the tobacco surcharge removal requirements, you may qualify for an opportunity to avoid the tobacco surcharge by different means. Contact Sharecare at 888-616-6411 and we will work with you (and, if you wish, with your doctor) to find a well-being program with the same reward that is right for you in light of your health status.

Nicotine Replacement Therapy (NRT) Questions

WHAT ABOUT NICOTINE REPLACEMENT THERAPY?

A 84-day treatment cycle of Over-The-Counter (OTC) or prescription tobacco cessation medications is available through a Retail Network Pharmacy at no cost to the member. The 84-day treatment cycle will be dispensed as a 31-day supply with 2 refills allowed. A prescription is required for coverage. A total of two (2) 84-day treatment cycles are allowed per year at no cost to the member. You must obtain a prescription from your Doctor and meet the age/gender or other requirements.

Tobacco Surcharge Removal Requirements

The policy below applies to non-Medicare Advantage BCBSGa and UnitedHealthcare members who are tobacco users and are paying the tobacco surcharge.

If you and your enrolled Dependents who use tobacco complete the **phone coaching or online tobacco cessation program and the RealAge test**, you will be able to avoid the tobacco surcharge for the entire year. This means that any surcharge paid in 2018 may be refunded after the completion of the tobacco surcharge removal requirements. The tobacco surcharge removal requirements must all be completed in 2018.

TOBACCO SURCHARGE REMOVAL REQUIREMENTS

NOTE: Tobacco-Free means that you have not used tobacco products within the last 60 days. If you are Tobacco-Free for less than 60 Days you are subject to the tobacco surcharge unless you do the following:

1. **Complete the RealAge test in 2018.**
2. **Complete QuitNet Tobacco Cessation Phone Coaching OR join Online QuitNet and complete the steps outlined.**

Phone Coaching QuitNet:

Call Sharecare at 888-616-6411 to enroll in the telephonic tobacco cessation phone coaching program. Commit to a quit date and participate in a series of five telephonic tobacco cessation calls with your coach.

- OR -

Online QuitNet:

- Go to **QuitNet.com/state-of-georgia** and follow the steps to register.
- Complete these three steps:
 1. Set a quit date on QuitNet.
 2. Download the quit guide.
 3. Login to QuitNet and join the daily pledge on QuitNet at least 10 times over 30 days.

3. **Once you have completed Steps 1 and 2 above, call Sharecare at 888-616-6411.**

Notify them that you have completed the Tobacco Surcharge Removal Requirements and request a Letter of Completion to retain for your records. Sharecare will send a notification to SHBP of your completion of the Tobacco Surcharge Removal Requirements and tobacco cessation status.

If you think you might be unable to complete the Tobacco Surcharge Removal Requirements, you might qualify for an opportunity to avoid the tobacco surcharge by different means. Contact Sharecare at 888-616-6411 and we will work with you (and, if you wish, with your doctor) to find a well-being program with the same reward that is right for you in light of your health status.

The 2018 incentives do not apply to the Medicare Advantage Options. This information is intended to provide a general overview of some important benefit information. While every effort has been made to make the information here as complete and accurate as possible, SHBP's benefit plans are fully detailed in separate legal documents and are governed by certain Georgia laws, regulations of the Department of Community Health, and resolutions of the Board of Community Health. In the event of any inconsistencies between these materials and the plan documents, laws, regulations, or resolutions, the terms of the plan documents and the governing laws, regulations, and resolutions will control as applicable. The Department of Community Health reserves the right to amend, modify or terminate its benefit plans or services at any time in its discretion.

Sharecare administers the *Be Well SHBP* well-being program for the State Health Benefit Plan. Copyright © 2018 Sharecare.