



Boise Cascade®

HEALTHY
MEASURES™
A healthier you starts here

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 October 31, 2019, 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. **You must initiate this contact to enroll in the program.**

How it works:

- Call health coach Andrew Panatopoulos at 986-224-3340 or 855-216-6844
- **OR** email ***andrew.panatopoulos@bcidaho.com*** or ***WellconnectedCoach@bcidaho.com***
- **OR** log in to ***members.bcidaho.com*** and select the WellConnected logo
 - Select ***Health Coaching***, visit the Message Center and select ***Create a New Message*** to complete the form

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***, then ***Wellness Workshops*** and ***Manage Workshops***
 - Select ***12 Week Tobacco Cessation*** and ***Signup*** under the ***Add*** section
 - Log in weekly to complete tasks



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.