



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 to help. **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.

## Enroll in a 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 – 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](http://www.express-scripts.com).