

# Quit for Life Tobacco Cessation Program

## Program Overview

CIS Benefits can help you become tobacco-free this year by paying for your participation in Quit for Life. CIS supports a maximum of five Quit for Life<sup>®</sup> program years.

### Eligibility:

- Employee/eligible family members must be 18 or older
- Employee must be covered by a CIS medical plan; OR
- Employee can opt-out or waive medical coverage and still be eligible if their employer is insured through CIS' workers' compensation insurance (email [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org) to check status)

Please note: If the employee isn't covered under a CIS medical plan, their coverage is limited to Replacement Aids (nicotine patches or gum). They do not have coverage for prescription quit medications.

### Program Components:

1. Year-long support, as needed
2. Unlimited phone contact with an expert Quit Coach
3. Free over-the-counter Nicotine Replacement Aids
4. Prescription quit medications – **Requires**
  - 1) Medical coverage by a CIS medical plan
  - 2) A prescription
  - 3) Coordination between Quit Coach and your medical planPrescription drug benefit copay – **Call CIS Benefits at 800-922-2684 x3826 for questions about your prescription benefits.**

#### \*REGENCE BCBSO INSURED

Participants must get prescriptions through a Regence Exception Process. The Quit Coach will guide that process. Please allow five (5) business days for the Exception Process to be completed.

#### \*KAISER PERMANENTE INSURED

Participants must contact a Health Coach at 866-862-4295; select Option 2 for the prescription process. Coaches are available Monday – Friday from 6 a.m. – 7 p.m.

### Enrolling is Easy!

Call Quit for Life<sup>®</sup> 24-hours-a-day, 7 days-a-week at 1.866.784.8454. You'll get a return call with 48 hours.

Or, visit [www.cisbenefits.org](http://www.cisbenefits.org); click on the link under "Healthy Benefits and Wellness" and follow enrollment steps.

In either case, identify City County Insurance as your employer (enrollment and billing purposes only)

**Questions? Chat or speak live with an Enrollment Specialist at <https://www.quitnow.net/Program/About> or email**

**CIS at [healthybenefits@cisoregon.org](mailto:healthybenefits@cisoregon.org)**

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