

Tobacco Cessation

Studies show that more than 70% of tobacco users want to quit. Different options are available to TeamHealth employees and covered dependents that fall into that category:

- Chantix is a prescription drug that was recently introduced to the market. Studies indicate a 44% success rate. The drug is covered under the Caremark prescription plan. The “Get Quit” program is also offered for free along with the prescription. Participants are strongly encouraged to enroll in the Get Quit program outlined in the enclosed brochure.

Other drugs, including Bupropion, Zyban, and Wellbutrin have also been found effective.

- Local tobacco cessation courses are offered throughout the country. The American Lung Association provides courses in most areas. To find a local program, please call 1-800-LUNG-USA.
- Smokefree.gov offers a free quit line (1-800-QUIT-NOW). Participants receive a free tobacco quit kit and work with a coach to cope with cravings and challenges.

As part of the TeamHealth Wellness Program, initiatives are offered to encourage employees and covered dependents to quit using tobacco:

- Out-of-pocket expenses for Chantix or Bupropion will be reimbursed if you and/or your dependents have TeamHealth medical insurance and have been tobacco-free for three months.
- A \$50 paycheck credit will be issued upon completing a smoking cessation program.
- If you have been tobacco free for six months, the tobacco premium will be dropped (see attached affidavit).

Complete the form on the following page to receive the paycheck credit(s) for out-of-pocket prescription expenses and/or completing a smoking cessation course.

Contact wellness@teamhealth.com with any questions.

Tobacco Cessation

Complete this form to receive a health insurance discount for a tobacco cessation prescription and/or credit for completing a tobacco cessation course. Fax to 865.560.8926.

Prescription Reimbursement

I am requesting reimbursement for (please check):

Chantix

Bupropion

I am on TH medical insurance and have been tobacco-free for three months. I have attached my receipt to this fax. Please reimburse my expenses on an upcoming paycheck.

Name (please print)

Last four digits of SSN

Signed

Tobacco Cessation Course

I have successfully completed a tobacco cessation course. I have attached proof of completion. Please credit an upcoming paycheck for \$50.

Name (please print)

Last four digits of SSN

Name of course

Signed

Fax this form with supporting documentation to 865.560.8926.

Email wellness@teamhealth.com with any questions.

Employee Non-Tobacco User Affidavit

I certify that I or my covered dependents on TeamHealth's health insurance plan (i) do not presently smoke or use tobacco products, and (ii) have not smoked or used tobacco products during the 6 months immediately preceding this affidavit. I understand that falsification of information is a violation of Company policy, which is subject to disciplinary action up to and including termination of employment. "Smoke or use tobacco products" for purposes of this affidavit means any use of cigarettes, pipes, cigars or any other tobacco products regardless of the number of times, frequency or method of use.

I, the undersigned, have read the above and understand the penalties that may apply if the information in my statements is false.

Signature

Date

Please check the appropriate box:

- I or my covered dependents have recently quit using tobacco (within the past year) and have been tobacco-free for six months.
- Neither I nor my covered dependents have ever used tobacco.

Print Name _____

Employee Number _____ OR Last four digits of SSN _____

Fax to 865-539-3073 or 888-422-0106

ATTENTION TOBACCO USERS!!!



Do you have plans to quit using tobacco? Don't do it alone. Visit any of the following resources to help in your quest to become **Tobacco-Free!**

1-800-QUIT-NOW- Provides **FREE** counseling. First session lasts between 30 and 45 minutes. Participants receive a free tobacco "quit kit" and work with a coach to cope with cravings and challenges.

www.smokefree.gov- Click "more resources" tab at the top and download "Cleaning the Air" PDF, a free guide to help you quit smoking. To find special support for your state, click "Get Telephone Support."

<http://quitsmoking.about.com>- Click "Quit Smoking 101: A Free Email Course" on the left-hand side to receive frequent e-mails and tips to help you quit.

The **American Lung Association** offers 8-week smoking cessation programs. TeamHealth will contribute \$50 to participants upon receiving proof of completion of the course. Call **1-800-586-4872** to find a local program.

ANNUAL SAVINGS

1 pack daily* =	\$1,460	½ pack daily* =	\$730
TH tobacco surcharge** =	\$600	TH tobacco surcharge**=	\$600

Total =	\$2,060	Total =	\$1,330
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*based on \$4.00 pack of cigarettes

**if smoke-free for 6 months, the tobacco surcharge can be dropped



TEAMHealth[®]
WELLNESS

Why Should You Quit Smoking?

- About half of all smokers who continue to smoke will end up dying from a smoking-related illness.
- Smoking has been linked to lung cancer, as well as cancer of the mouth, voice box (larynx), throat (pharynx), esophagus, bladder, kidney, pancreas, cervix, and stomach.
- Smoking increases the risk of emphysema and chronic bronchitis.
- Smokers are twice as likely to die from heart attacks as nonsmokers.
- Smoking is a major risk factor for peripheral vascular disease, a narrowing of the blood vessels that carry blood to the leg and arm muscles, as well as cerebrovascular disease that can cause strokes.
- Former smokers live longer than continuing smokers.
- Smoking causes premature wrinkling of skin, bad breath, bad smelling clothes and hair, and yellow fingernails and hair.
- Based on data collected in the late 1990s, the US Centers for Disease Control (CDC) estimated that adult male smokers lost an average of 13.2 years of life and female smokers lost 14.5 years of life because of smoking.
- Ex-smokers enjoy a higher quality of life with fewer illnesses from cold and flu viruses, better self-reported health status, and reduced rates of bronchitis and pneumonia.
- Smoking is expensive. Multiply how much money you spend on tobacco every day and multiply by 365. Then add \$600 (annual TeamHealth tobacco premium).
- Smoking not only harms your health, but the health of those around you. Exposure to secondhand smoke includes exhaled smoke, as well as smoke from burning cigarettes. Studies have shown that secondhand smoke causes thousands of deaths each year from lung cancer and heart disease in healthy nonsmokers.
- Kicking the tobacco habit offers benefits that you'll notice immediately and some that will develop gradually over time. These rewards include:
 - Food tastes better.
 - Your sense of smell returns to normal.
 - Ordinary activities no longer leave you out of breath.

Source: American Cancer Society