

Tobacco Cessation Program

A Tobacco Cessation Program is now provided by the SEIB for subscribers and their covered spouses. Program literature can be obtained through our Wellness Program and on our website. For more information about available programs, call Alabama's Tobacco Quitline at 1.800.QUIT.NOW (1.800.784.8669) or visit www.quitnowalabama.com. Both programs offer free master's **level counseling and up to four weeks of free nicotine replacement therapy patches if you are in counseling with the Quitline and do not have medical contraindications.**

Online resources and support are also available through the following organizations:
American Cancer Society

<i>American Cancer Society</i>	www.cancer.org www.everydaychoices.org
Agency for Healthcare Research and Quality (AHRQ)	www.ahrq.gov
National Cancer Institute	www.cancer.gov
American Lung Association	www.lung.org
Mayo Clinic	www.mayoclinic.org

The SEIB will reimburse each member 80% of the cost of the program, with no deductible. There is a lifetime maximum benefit of \$150. Tobacco cessation seminars and all forms of nicotine replacement are covered services. Forward your name, address, contract number and a copy of tobacco cessation program receipts to:

**State Employees' Insurance Board
Wellness Division
PO Box 304900
Montgomery, Al. 36130-4900**

Prescription medications for tobacco cessation are covered through the Prescription Drug Program and are not subject to the \$150 lifetime maximum benefit.

Note: E-cigarettes are not eligible for reimbursement through the SEIB's tobacco cessation program or as an approved tobacco cessation product.

All claims must be filed with the SEIB, not BCBS.