

# SMOKING CESSATION BENEFITS

As a national leader in healthcare and environmental practices, UC is committed to providing our students with a tobacco-free environment by 2014. The information below explains the benefits and programs students can access through the UC Student Health Insurance Plan (UC SHIP). Copayments may apply —please consult your plan brochure or Summary of Benefits for more information. Visit [www.ucop.edu/ucship](http://www.ucop.edu/ucship) for more information about UC SHIP.

SMOKING CESSATION BENEFITS	SERVICES OFFERED
<b>Office Visits with Student Health Clinicians</b>	To discuss smoking cessation with a clinician call your student health center or go to <a href="http://www.ucop.edu/ucship">www.ucop.edu/ucship</a> to make an appointment online through your campus website.
<b>Prescription Drugs</b>	Covered prescription drugs are available at student health centers or Anthem network pharmacies to assist with smoking cessation.
<b>Living Free Program</b>	<p>UC SHIP members receive a 40% discount off Anthem's Living Free program at <a href="http://Anthem.com/ca">Anthem.com/ca</a> when you sign on as a member.</p> <p>Living Free is an online training and support program that provides:</p> <ul style="list-style-type: none"> <li>• 12 lessons on how to quit smoking</li> <li>• Coaching and interactive support</li> <li>• A library of information on nicotine addiction and how to kick the habit</li> </ul>
<b>24/7 Nurseline</b>	Call 24/7 Nurseline at 877.351.3457 to discuss your health concerns when your campus student health center is closed evenings, weekends and holidays.
<b>Additional Campus Programs and Information</b>	Visit <a href="http://ucop.edu/ucship">ucop.edu/ucship</a> . Go to your campus student health center webpage for smoking cessation information and support. Counselors and health educators are available to answer your questions and provide support.

## HELPFUL LINKS

- California Smokers Helpline: 1-800-NO-BUTTS
- [www.webmd.com/smoking-cessation](http://www.webmd.com/smoking-cessation)
- [www.smokefree.gov](http://www.smokefree.gov)