

Tobacco Cessation Resources

UC is committed to providing our faculty and staff with a tobacco-free environment. To support this policy and help those who want to quit smoking, the university offers comprehensive smoking cessation resources for faculty and staff.

All UC-sponsored non-Medicare medical plans provide prescription and over-the-counter tobacco cessation products at no additional cost when prescribed by a physician, along with optional behavioral modification programs to help you quit smoking.

The additional resources here are available through your medical plan – usually at no cost to you.¹

¹ **This is a summary only;** limitations, exclusions, exceptions and other qualifiers may apply. Call the plan or see the plan's website for plan booklets and detailed benefit information.

Core, UC Care, UC Health Savings Plan

Healthy Lifestyles Tobacco-Free Program
(anthem.com/ca)

Health Net Blue & Gold

- Health Promotion Program for tobacco cessation (Healthnet.com/uc)
- Quit for Life telephone-based coaching (866-784-8454)

Kaiser Permanente

- Healthmedia Breathe (kp.org/quitsmoking)
- Telephone-based coaching (Northern California: 866-251-4514; Southern California: 866-862-4295)
- On-site counseling, classes and programs (contact your local Kaiser medical center)

Western Health Advantage

Programs available through your medical group