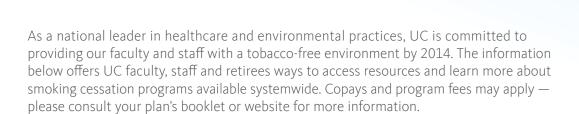
OF CALIFORNIA

## TOBACCO CESSATION RESOURCES



UC MEDICAL PLAN	SERVICES
Anthem Blue Cross Plus Anthem Blue Cross PPO Anthem Lumenos Core	Prescriptions to help you quit  Anthem online resources  Living Free (online program — discounted for UC employees).  Healthy Lifestyle Tobacco Free (for Lumenos members only)
Health Net Blue & Gold HMO Health Net HMO	Prescriptions to help you quit  Discounts on cessation products  Health Net online resources  • Decision Power Health & Wellness
Kaiser Permanente	Prescriptions to help you quit  Telephone-based coaching  Northern California: 866.251.4514  Southern California: 866.862.4295  Kaiser online resources  Healthmedia Breathe (online program)  Quit Smoking (resource page)  Tobacco Medications (resource page)  On-site counseling, contact your local Kaiser med center for availability
Western Health Advantage	Prescriptions to help you quit
Staywell Health Management (available to medical plan members except Kaiser & some union members)	StayWell HelpLine: 800.721.2693  Enrolling in the StayWell - NextSteps Tobacco Cessation online program earns 50 points towards UC's incentive award

## PROGRAMS AVAILABLE TO THE GENERAL PUBLIC

- California Smokers Helpline, 1-800-NO-BUTTS
- www.WebMD.com/smoking-cessation/

www.SmokeFree.gov/

Your UC location offers the following tobacco cessation programs

(campus) (program)