

# SMOKING CESSATION BENEFITS

As a national leader in healthcare and environmental practices, UC is committed to providing our students with a tobacco-free environment. 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 Ventegra 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/)