

## Tobacco Cessation Program

### Program Description

Are you ready to quit smoking, chewing or vaping? The Worthington Quit Tobacco program can increase your chances of quitting and staying off. This six-week program uses the American Lung Association's Freedom From Smoking Plus curriculum with an optional 30-minute teleconference with Worthington's Quit Specialist, Ann Burk. For those in the Columbus area, the program is also offered onsite at the Medical Center.

### Eligibility

Eligible participants include employees, spouses, and dependent children between the ages of 18 and 26.

### Tobacco Surcharge

A \$40 monthly surcharge applies if you are enrolled in a Worthington medical plan, and you or any covered dependents use tobacco or nicotine products. You can avoid this surcharge if you complete a tobacco cessation program, or if you are tobacco free for six months.

### Registration Instructions

1. Contact Ann Burk at the Worthington Medical Center at 888.490.3500
2. Sign up at [www.freedomfromsmoking.org](http://www.freedomfromsmoking.org) (select individual membership)

### Program Cost

There is an initial up-front cost of \$99.95, but Worthington Enterprises will reimburse the full cost of the program if you are enrolled in a Worthington medical plan.

All prescribed medications for quitting tobacco and nicotine replacement therapy are covered at 100 percent with no lifetime maximum.

Note: Over-the-counter products require a prescription to be covered.

### Reimbursement Instructions

1. Save the confirmation email that is sent from the American Lung Association after you register.
2. Complete the Medical Claim Reimbursement Form, available on [worthingtonbenefits.com](http://worthingtonbenefits.com) and return it to Anthem with a copy of your confirmation email.
3. Claims are typically processed within 30 business days. For questions, contact Anthem at 833.824.2292.