



STOP SMOKING

LET US HELP YOU QUIT SMOKING FOR FREE!

Arise Health Plan can help you kick the habit and get healthy

Quitting smoking is hard, but the health benefits are worth it. Arise Health Plan can help you quit for **FREE!** If you are 18 or older, you have access to certain nicotine replacements and drugs used to help you overcome your tobacco addiction, so you can enjoy all the benefits of a healthier lifestyle!

Which drugs are covered?

Your plan covers 100% of the cost for six months—a 180-day supply—each year for these smoking cessation aids:

- » Over-the-counter nicotine replacement products, such as a patch, gum, or lozenges
- » Prescription nicotine replacement products, such as a patch, inhaler, or nasal spray
- » Prescription non-nicotine medications, such as Chantix or Nicotrol

Who is eligible?

These drugs are covered for members who:

- » Are 18 years of age or older
- » Have a prescription written by a doctor, even for over-the-counter products
- » Fill the prescription at an in-network pharmacy

No matter your reason for quitting, we can help you get there!



Did you Know?

Stopping smoking is associated with the following health benefits:

- » Lowered risk for lung cancer and many other types of cancer.
- » Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- » Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- » Reduced risk of developing some lung diseases, such as chronic obstructive pulmonary disease—COPD

Ready to quit?

Talk to your doctor today and visit the Wisconsin Tobacco Quit Line at ctri.wisc.edu or call 1-800-QUIT-NOW for tips to help you quit.

Arise
HEALTH PLAN
Choose It and Use It.