

Tobacco Cessation Programs

WVU Medicine Employees with Highmark Blue Cross Blue Shield of WV



WVU Medicine Employees and their covered dependents will have a zero co-pay for patches, Chantix, gum, and lozenges through the Medical Center Pharmacy.

Blues on Call® Health Coach through Highmark

By calling Blues on Call® members will be provided one-on-one guidance and support on topics such as stress management, weight management, tobacco cessation, increasing physical activity, and improving nutrition. Health coaches are specifically trained to answer your questions and support you in making informed health decisions. Even if you are healthy, you can call a health coach to help you set goals that will keep you well. **To register, call 1-888-258-3428.**

WVU Employees

The WVU Campus is Tobacco Free, effective July 1, 2013.

Employees who are seeking information and resources for tobacco cessation can look on the WVU Employee Wellness website at: <http://employeehealthcare.hr.wvu.edu/tobacco-cessation>.

Do you use Smokeless tobacco?

Limited amounts of “Quit the Spit Kits” are available to employees trying to quit smokeless tobacco. **Call 304-293-8405** if you would like a FREE kit to try out.

PEIA Insured

Members who pay the “tobacco use” premium can find details on tobacco cessation options at PEIA. Only members paying the “tobacco use” premium have access to these benefits. Members may use the tobacco cessation benefit three times per lifetime. This includes previous attempts. To check your status, visit: <https://openenrollment.wvpeia.com/YRE/index.cfm> (or register, if you haven’t used the site before), and choose the “Premium Discounts” button at the top of the list. From here you can view and manage all of your premium discounts.

Tobacco-free Premium Discounts

Once you’ve been tobacco-free for six months, you can submit an affidavit and have your premium reduced. If you quit now, six months from now your premium can be reduced. Visit www.wvpeia.com to obtain the paperwork.

WV Tobacco QuitLine

WV residents who are either uninsured or are receiving Medicaid are eligible to receive free phone coaching services and free nicotine replacement products through the WV Tobacco QuitLine by calling **877-966-8784**. Others will need to access nicotine dependence treatment through their own health care plans.