



Tobacco Cessation

You may choose to complete one of three Tobacco Cessation program options: (1) INTEGRIS Health Certified Tobacco Treatment Specialist; (2) the OKLAHOMA TOBACCO HELPLINE; or (3) through the development of a Tobacco Cessation Plan with your Medical Provider. Our three cessation options are offered at no cost.

Below is a brief description of each option: (note*: Completion of a Tobacco Cessation program does not require that you quit using tobacco, only that a quit attempt has been made.) Each cessation option is offered at no cost.

- Tobacco Treatment Specialist – meet with the specialist a minimum of four (4) times (in person or over the phone). Your specialist will send Employee Wellness a report once you have completed the guidelines.
- 1.800.QuitNow –complete four (4) calls with your quit coach. Please note: the initial intake call is not counted as one of your calls. 1.800 will send Employee Wellness a report once you have completed the guidelines.
- Physician Plan – meet with your Primary Care Provider and develop an individualized quit plan. You also need to submit your signed Tobacco Cessation – Physician Plan and supporting documentation to Employee Wellness (documentation of your quit plan you develop with your physician). Please note, missing paperwork or incomplete forms will not be considered for approval.

Under the INTEGRIS Health Medical Plan, tobacco cessation products are covered under the Preventive Care benefits. This means the annual deductible is waived, and the Plan pays 100 percent of cost for covered items.

Our Plan allows for up to two (2) treatment courses in a rolling 365-day period. A treatment course is considered twelve (12) weeks.

The employee or covered spouse will fill prescriptions through an INTEGRIS Health Pharmacy or other in-network pharmacy.

Over-the-counter products (OTCs) for smoking cessation are available through the prescription drug benefit, as well. The caregiver or covered spouse will need to get a prescription from their Physician and present it at an INTEGRIS Health or other in-network pharmacy to have it filled. There should be no copay required at the point of sale when it runs through the insurance card.

Through the INTEGRIS Health Medical Plan, the Nicotine Transdermal Systems (patches) that are covered are: Nicotrol OTC, Nicoderm CQ-OTC and Nicotine Transdermal – Rx. There are also specified gums, lozenges, nasal sprays, and prescription medications (Zyban and Chantix) that are covered.