

Tobacco-free 4 life

The 12-week program includes:

- Two office visits with your primary care physician with no copay
- Access to 180 day zero copayment for nicotine cessation medication varenicline (Chantix)
- Helpful information and support from an Onlife Health Coach
- Unlimited telephonic counseling sessions with your health coach



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Health coaching is an optional service available through Onlife Health. For more information on this voluntary resource, contact Onlife Health at **1-877-369-0285** or **www.OnlifeHealth.com**.



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The U of A Tobacco-free 4 life program



When you use tobacco products, the nicotine triggers your brain to release adrenaline, giving you a buzz of pleasure and energy.

Over time, our bodies build a tolerance to nicotine, making it harder to get that pleasant feeling back. And the withdrawal people feel when not using tobacco keeps us coming back even when we want to quit.

If you're like most people, you need help to quit and deal with nicotine cravings.

The University of Arkansas Health Plan has teamed up with UMR to provide a tobacco cessation program to its covered employees.

Let us help you give up tobacco for life!

Tobacco Cessation for UofA Health Plan Members

When you participate in the program, you will qualify for two visits with your primary care physician for tobacco cessation with no copayment.

If your physician prescribes the nicotine cessation medication varenicline (Chantix), you may fill your prescription with no copay for up to 6 months.



Getting started

Contact an Onlife Health Coach at **1-877-369-0285** to enroll in the tobacco cessation program.

Your health coach will help you determine your readiness to quit and assist you in setting a quit date and developing strategies to achieve your goal.

Schedule your office visits and talk to your doctor about tobacco cessation. Your provider's office visit claim should be coded as a visit for tobacco cessation in order for zero copayment to apply (zero copay office visits for tobacco cessation are limited to 2 per lifetime).