

COMMUNITY

Additional resources are available across the community.

SMOKEFREE PHILLY: Philadelphia Department of Public Health program offering support and tools to quit. www.smokefreephilly.org

SMOKEFREE PROGRAM, MAIN LINE HEALTH: 6-week group behavior management program held in various locations. May be eligible for free nicotine replacement therapy. **484-227-FREE**

QUITNET: Online cessation resource and community. www.quitnet.com

JEFFQUIT PROGRAM, JEFFERSON UNIVERSITY HOSPITAL: Provides a 3-week tobacco cessation support/therapy program. Program fee applies. **1-800-JEFF-NOW**

ASIAN SMOKERS' QUITLINE: Free, nationwide Asian-language smoking cessation service. Services available in 4 languages. www.asiansmokersquitline.org
Cantonese/Mandarin Korean Vietnamese
1-800-838-8917 1-800-556-5564 1-800-778-8440

PA DEPARTMENT OF HEALTH RESOURCES

DETERMINED TO QUIT: Online community, multi-functional Quit Companion tool, and unbiased content with cessation options. www.determinedtoquit.com

PA QUITLINE: Telephonic cessation counseling for PA residents, available 24 hr/day, 7 days/week. **1-800-QUIT-NOW** or **1-800-784-8669**

NJ STATE FUNDED RESOURCES


NJ QUITLINE: NJ Department of Health resource with telephonic cessation counseling for NJ residents. **1-866-NJSTOPS** or www.njquitline.org

MOM'S QUIT CONNECTION: Telephone and face-to-face cessation counseling for pregnant and parenting women and families. **1-888-545-5191**


CONTACT

Have any comments, questions, or concerns? Contact us.


 **Student Health Service**
3535 Market Street, Suite 100
Philadelphia, PA 19104

 215-746-3535

 www.vpul.upenn.edu/shs/services

 **Division of Human Resources**
3401 Walnut Street, Suite 527A
Philadelphia, PA 19104-6228

 215-898-7281

 www.hr.upenn.edu

RESOURCES

Students: www.vpul.upenn.edu/shs/smokingcessation

PSIP: www.aetnastudenthealth.com

StayWell: penn.staywell.com (1-855-428-6324)

Penn Stop: penn-stop.com (1-888-PENN-STOP)



TOBACCO CESSATION RESOURCES



QUIT TODAY.

WE CAN HELP

STUDENTS

PENN STUDENT HEALTH SERVICE

📞 215-746-3535

🌐 [WWW.VPUL.UPENN.EDU/SHS](http://www.vpul.upenn.edu/shs)

All students who have paid the clinical fee can schedule an appointment at SHS to discuss options to quit smoking. These sessions are done by Health and Wellness Teacher Sandi Herman. You will meet to discuss a complete approach to quitting. She provides tips to make quitting simple, such as using meditation or keeping a journal. Each session lasts 50 minutes and is confidential. Make an appointment by calling 215-746-3535 or clicking www.vpul.upenn.edu/shs/appointments.

MEDICAL BENEFITS UNDER PSIP

The Penn Student Insurance Plan (PSIP) covers 8 visits (personal or group) per year to aid in the process of becoming a non-smoker. Coverage includes: counseling, treatment, and class visits.

PSIP's Prescription Drug benefits include prescription quitting aids. Over-the-counter medications are not covered by PSIP. More policy information is available at www.aetnastudenthealth.com.

WELLNESS BENEFITS UNDER PSIP

PSIP also offers free Healthy Lifestyle Coaching to help students quit. The wellness coach, a trained specialist, helps you in:

- o making a quitting plan
- o spotting and managing triggers
- o finding healthy smoking alternatives
- o giving you support

Options are open for personal and group coaching. You will receive a free 8-week supply of nicotine replacements for completing 3 sessions with a coach. Students may choose a \$25 corporate gift card instead. For more info, contact Sandi at sandrah3@upenn.edu.

FACULTY & STAFF



PENN'S TOBACCO CESSATION COACHING PROGRAM

📞 1-855-428-6324

🌐 PENN.STAYWELL.COM

Penn provides free tobacco cessation support to benefits-eligible faculty and staff through our wellness partner, StayWell. The program combines personal coaching over the phone and up to 12 weeks of free nicotine replacement therapy.



PENN'S COMPREHENSIVE SMOKING TREATMENT PROGRAM

📞 888-PENN-STOP

🌐 PENN-STOP.COM

The Penn Smoking Treatment Program (Penn Stop) is a clinical program designed to help smokers quit by learning its effects on the brain and finding ways to control the problem. Smokers meet with a trained doctor or counselor and make a plan for future care. Participants shouldn't expect to quit smoking right away, so it's an ideal program for people who want ongoing 1-on-1 support. Talk to your insurance provider to determine any co-pays or required referrals.

PENN'S PRESCRIPTION PLAN: Discounted 90-day supply of cessation aids (Zyban and Chantix) are available through prescription drug mail-order programs. A 90-day supply of Bupropion (generic Zyban) is available for a co-pay. Learn more at www.hr.upenn.edu/myhr/benefits/health/medical/prescription.

INDEPENDENCE BLUE CROSS (IBC): Members can be reimbursed up to \$150 per year for finishing an approved program and/or nicotine replacements or prescribed quitting aids. IBC also offers support through its "Quit and Fit" program. Members can use either the reimbursement program OR "Quit and Fit" in one year. For more information, call 1-800-ASK-BLUE or visit the Health & Wellness section at www.ibx.com/login.

AETNA: Members can receive qualifying tobacco cessation guidance options (phone, group, or personal) by talking to their primary care doctor or going to an in-network clinic (such as Minute Clinic). You can receive FDA-approved quitting aids (prescription or over-the-counter) without prior approval with your prescription drug card if the medication is prescribed by a doctor and filled at a pharmacy. 2 quit attempts per year are covered. 4 visits and/or one 90-day supply of medications are equal to 1 quit attempt. For more information, go to www.aetna.com.

PENN'S HEALTH CARE FLEXIBLE SPENDING ACCOUNT:

A health care professional must prescribe over-the-counter medication for you to be reimbursed for the expense. With a prescription, the cost of over-the-counter quitting aids is an eligible medical expense. Over-the-counter products include, but are not limited to: Commit, Endit, Habitrol, NicoDerm, Nicorette, and Smoke Away. Learn more at www.hr.upenn.edu/myhr/benefits/health/fsa/health.