

Smoking Cessation

The time to quit is NOW.

Plan Benefits

Smoking cessation treatment will be covered at 100% when received from a BlueCard provider or participating pharmacy to a maximum of two (2) quit attempts per calendar year, consisting of:

- Four (4) sessions of telephone, individual or group counseling lasting at least ten (10) minutes per quit attempt
- All FDA approved smoking cessation medications (Prescription and over the counter) for a 90-day supply treatment regimen when prescribed by a healthcare provider.

Additional Resources

Tips from Former Smokers - CDC web site lets you view ads, learn more about the people featured and their health conditions, along with quit-smoking resources.

<https://www.cdc.gov/tobacco/campaign/tips/>

SmokeFree - Provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.

<https://smokefree.gov/>

American Cancer Society - Guide to quitting smoking.

<https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>

American Heart Association - Information and support to help you quit.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco>

Rewards of Quitting*

20 Minutes

Heart rate, blood pressure drops.

12 Hours

Carbon monoxide in the bloodstream drops to normal.

2 Weeks - 3 Months

Circulation, lung function improves; risk of heart attack begins to drop.

1 - 9 Months

Breathing is easier and coughing symptoms are less.

1 Year

Risk of coronary heart disease cut in half.

2 - 5 Years

Risk of cancer of mouth, throat, esophagus, bladder cut in half. Stroke risk is reduced to that of a non-smoker.

10 Years

You are half as likely to die from lung cancer; risk of kidney or pancreatic cancer decreases

15 Years

Risk of coronary heart disease same as non-smoker

*smokefree.gov