

SMOKING CESSATION RESOURCES for FACULTY and STAFF

Northeastern University is committed to providing **all faculty and staff** with comprehensive programs, resources, and support designed to help you quit smoking and improve your health.

Employee Assistance Program

All benefits eligible faculty, staff and their eligible dependents have access to Northeastern's Employee Assistance Program, (EAP). As part of this program, faculty, staff, and eligible dependents are entitled to receive up to six face-to-face visits with an EAP counselor per person, per problem, per year.

Counseling: Talking with an EAP counselor—over the phone or face-to-face—enables individuals to customize their respective smoking cessation program. To make an appointment, call 877.739.3989

Blue Cross Blue Shield of MA

In addition, *benefits eligible faculty, staff and their eligible dependents who are members of a Blue Cross and Blue Shield plan offered by Northeastern* can benefit from multiple smoking cessations programs.

Nicotine Replacement Therapy (NRT): The **pharmacy benefit** provides coverage for prescription and over-the-counter medicines such as nicotine gum and patches, Chantix and Nicoderm CQ. Simply get a prescription from your physician for an over-the-counter and/or prescription product, submit it to your pharmacy, and these products will be processed under the pharmacy benefit.

QuitNet: Provides an online community and support from a Q-Counselor to help people quit smoking. To get started, log on to www.mybluehealthma.com. Once you have registered, choose the option "I already know my goals." Complete the questions; select "stop smoking" as a goal and then choose "QuitNet" program as part of your action plan.

Text2Quit: This interactive smoking cessation program that can be accessed through a combination of text, web, and email or entirely through text messages. To participate, call Blue Cross Blue Shield of MA Care Center, at 1.888.561.9360.

Behavioral Health/Counseling Services: You are covered for outpatient mental health visits as long as medically necessary to assist with smoking cessation.

Additional Resources

Everyone has access to these free and confidential resources:

Hotlines: These toll-free, confidential telephone services provide assistance to people who want to quit:

- 1.800.Try.To.Stop, (1.800.879.8678, Massachusetts residents)
- 1.800.QUIT.NOW, (1.800.784-8669, National hotline)

Websites

- www.smokefree.gov includes an online smoking cessation program, including a mobile App for a Smoke Free Quit Guide <http://smokefree.gov/apps> .

