



Henrico County
General Government

County of Henrico Health Plan Quit Smoking Program



Frequently Asked Questions

1. What is the Quit Smoking Program and why is it important ¹?

- If you smoke, you not only may cost yourself thousands of dollars a year in tobacco expenses, but you are at much higher risk of many diseases including heart disease, lung disease, stroke and many types of cancer.
- Research has shown that 70% of smokers want to quit but less than 5% can do so without assistance. Research has also shown that the combination of counseling and FDA approved drugs results in the best success rates. To help you be successful in quitting, the County of Henrico Health Plan offers a combination of counseling through Healthways QuitNet, Inc. (QuitNet) and coverage for FDA approved drugs. Call 1-866-577-8210 to talk to the QuitNet Counselors or go to www.coventryhealth.com/wellbeing.

2. What is eligible for this program?

- Anyone who is at least 18 years of age and enrolled in one of the County's Southern Health plans is eligible to participate in this program.

3. What is QuitNet?

- QuitNet is a counseling program offered through Southern Health that provides Phone Counseling, QuitNet QuitGuide, 24/7 Web Support and Email Support. QuitNet also can send you over-the-counter Nicotine Replacement Therapies such as Commit® lozenges, NicoDerm® CQ® patches and Nicorette® gum. The drug and shipping cost will be paid for you by the County of Henrico Health Plan.

4. How are the Nicotine Replacement Therapies covered?

- You may obtain over-the-counter Nicotine Replacement Therapies from QuitNet by mail at no cost to you. You may also obtain generic versions of Nicotine Replacement Therapies through Southern Health at the retail pharmacy for \$10 per 30-day supply as long as you have a prescription from your doctor (90 day supply maximum).

5. How are FDA approved drugs for smoking cessation covered?

- The generic version of Zyban® or Wellbutrin®, *bupropion*, is available with a prescription for \$10 per 30-day supply. Another drug, Chantix®, is also available for \$55 per 30-day supply with a prescription.
- **Please Note: When taking prescription or over-the-counter drugs, you should see your physician to monitor your progress.** At the same time, you may use the QuitNet counseling services whenever you need their support.

6. How do I know this will work?

- With this program, many people are successful on their first attempt but others take several tries before they quit. These programs are designed to increase your odds of success and help you stay on track, especially when you feel like you may relapse after you have quit. The QuitNet counselors are specially trained and are there for you to help you through it! You can do it!

7. How do I get started?

- **Call QuitNet at 866-577-8210. We also encourage you to see your physician.**

If you have questions about the Quit Smoking Program, you may call:

- Southern Health at 866-533-5149
- Henrico County Public Schools, Health Benefits Office at 804-652-3625 (Schools)
- Henrico County Human Resources, Benefits Division at 804-501-7371 (General Government)

¹The Health Consequences of Smoking: A Report of the Surgeon General, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office of Smoking and Health, 2004.