

TOBACCO CESSATION CHAPTER



Frequently Asked Questions



What is the idea behind the Tobacco Cessation chapter of My Health Novel?

Many people have trouble quitting tobacco, even though they wish they could. It's no secret that smoking causes a lot of health problems, including cancer, heart disease, stroke and lung disease.* This program reaches out to would-be quitters and helps them get on a personalized path to quitting that works for them.

Can users of any type of tobacco qualify?

Yes, the program welcomes qualified people who use cigarettes, vaping devices or chewing tobacco. And it's easy to participate because the program is entirely online.

How do people qualify?

You take a quick health quiz online to qualify. Then you'll be matched to a program that fits your needs and preferences. Your enrollment is not complete until you have registered for that program.

What is included in the program?

Details of your program will include:

- ◆ A personalized quit plan, based on how and when you want to quit tobacco.
- ◆ Scientifically based strategies to help you deal with cravings.
- ◆ On-demand support and interaction with others in the community.
- ◆ Access to free medication to help you quit, including nicotine patches, gum and lozenges. These will be worth more than \$100 — and delivered right to your home.

How effective is the program at helping people to quit?

My Health Novel's recommended programs for tobacco cessation have a 35 percent to 40 percent quit rate for those who have participated for six to nine months.

*Source: Centers for Disease Control and Prevention



Who is eligible for the tobacco cessation program?

It is included as a preventive health program under your benefits. It is for members of your health plan ages 18 and older who qualify through the health quiz.

How much does it cost?

There's no cost to you at all! Once you enroll, your health plan will receive a claim to cover processing and services. You may notice it listed on your Explanation of Benefits as a preventive benefit.

How do I sign up?

Take the short health quiz by logging in to your plan's **My Health Toolkit®** site. Select **Wellness & Care Management** and **Wellness Programs**. Then select **My Health Novel**. Or call **866-400-8941**.

What if I have questions?
Call the phone number above or email
support@gosolera.com if you have questions.



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