

# A Tobacco Cessation Program



The Quit for Life Program is a telephone-based tobacco cessation counseling program that helps individuals on the path to a tobacco-free life. This program can help keep employees healthier and more productive. The Quit for Life Program is a clinically proven program that provides support to the participants to help them focus on their personal reasons for quitting tobacco use.

The Quit for Life Program is only available to self-funded groups and is billed per participant. There are two levels of benefits for this program, counseling only or counseling with nicotine replacement therapy. Groups will be billed only one time per year for each active participant's involvement in the program. The cost per active participant varies based upon their needs as outlined below.

## Counseling Program

### *Tobacco Treatment Telephone Counseling*

- **\$157** for 5 counseling sessions, self-help materials, and 12 months of unlimited inbound calls for members who currently use tobacco or who have recently quit and need additional support.

## Counseling plus Nicotine Replacement Therapy Program

The per participant cost for one of the following Nicotine Replacement Therapies is in addition to the cost for counseling:

- **Nicotine patches**
  - \$130\* – 21 mg / 8 week supply
  - \$140\* – 14 mg or 7 mg / 8 week supply
- **Gum**
  - \$150\* – 4 mg or 2 mg / 8 week supply
- **Lozenges**
  - \$150\* – 4 mg or 2 mg / 8 week supply

**Example:** The cost for counseling plus nicotine replacement therapy using nicotine gum would be **\$307**. (\$157 counseling fee and \$150 for an 8 week supply of gum)

*\*Pricing for the Nicotine Replacement Therapy program is under a contractual agreement with the Quit for Life Program and is subject to change at the discretion of Free and Clear.*



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