

Get \$150 back!

Complete a tobacco cessation program



You probably know many of the reasons why you should quit smoking — it can help you breathe easier, live longer, and protect the health of those around you. Quitting isn't easy, and many people try more than once before they succeed, but it's worth it.

To help you quit for good, our Healthy LifestylesSM Tobacco Cessation Program will reimburse you up to \$150 for completing an approved tobacco cessation program.*

How it works

1. Sign up for an approved tobacco cessation program.
2. Complete the approved program.
3. Submit documentation and request your reimbursement.

Log in at ibx.com, select *Rewards & Incentives* from the menu on the left of your Dashboard, and then click *Savings & Reimbursements*. Choose the appropriate reimbursement program, sign in on the Reimbursement site, and submit the following documentation:

- Proof of your participation in an approved tobacco cessation program or a certificate of completion
- Receipts for the program and any nicotine replacement products or medications prescribed to you to help you quit

Once your documentation is submitted, you can request your reimbursement to be paid by direct deposit or a Visa rewards card.†

Approved tobacco cessation programs include those that focus on behavior modification and provide frequent and regular support.

Start your well-being journey today!

Log in at **ibx.com** or download the IBX mobile app.

Program guidelines

Selecting a tobacco cessation program

No matter who you are, you can find a program that will give you the type of support and encouragement you need to kick the habit.

Eligible programs include those that focus on behavior modification and provide frequent and regular support, such as weekly meetings or telephone-based sessions.

Work with your health care provider to determine which method is best for you. You can opt for an individual approach or choose a program that offers group support. Some programs can even help you manage stress, avoid weight gain, and overcome barriers to quitting. You can also choose a program offered by an in-network hospital in your area.

Search for an in-network hospital at ibx.com or call the number on the back of your member ID card for more information.

* If you're 18 or older and your program costs less than \$150, you can apply the difference toward reimbursement of nicotine replacement products or medications prescribed to you to help you quit.

† Please note that Visa charges a \$4 fee plus three percent of the reimbursement amount.

The following are not reimbursable:

- Copays, coinsurance, and deductibles
- Hypnosis
- Acupuncture
- Dietary supplements and injections
- Electronic cigarettes

Support for quitting other forms of tobacco

There are 28 known cancer-causing substances in chewing tobacco, spit tobacco, and other smokeless tobacco products. All smokeless tobacco contains nicotine, so it's just as addictive as cigarettes.

And if you use any form of smokeless tobacco, you put yourself at an increased risk for serious health conditions, including tooth decay, gum disease, and oral cancers of the lip, tongue, cheeks, gums, throat, and floor and roof of your mouth.

If you're using smokeless tobacco, make a commitment to quit today. Many of the tobacco cessation programs that are eligible for reimbursement also support individuals who want to quit using smokeless tobacco.

Nicotine replacement and medication prescribed to assist with tobacco cessation

You may be eligible for nicotine replacement medications under your prescription drug plan with a prescription from your doctor.

**You are eligible for one
reimbursement per program
per calendar year.**

**For more information, please
contact Healthy Lifestyles at
1-800-590-8880.**

Independence Blue Cross offers products through its subsidiaries Independence Assurance Company, Independence Hospital Indemnity Plan, Keystone Health Plan East, and QCC Insurance Company — independent licensees of the Blue Cross and Blue Shield Association.

