

The Kentucky Employees Health Plan (KEHP) has partnered with Express Scripts to provide over-the-counter nicotine replacement therapies (NRT) to employees participating in an approved smoking cessation program.

In order to participate in the program, you must:

- Be a smoker age eighteen (18) or older;
- Be enrolled as a member in the KEHP and covered through Express Scripts, Inc.
  - Dependents not covered under your plan are not eligible to participate.
- Actively participate in an approved smoking cessation program and attend all regularly scheduled sessions.

#### **What do I have to do?**

Enroll in a Cooper Clayton program or in Kentucky's Tobacco Quitline (1-800-Quit Now). Additional information on these programs is included in this brochure.

#### **Should I contact my doctor before beginning Nicotine Replacement Therapy (NRT)?**

Talk to your doctor or pharmacist if you have any questions about using NRT or have any preexisting health conditions.

#### **How much NRT product will I receive?**

If you are eligible and continue participating in an approved smoking cessation program, you will receive 12 weeks of over-the-counter NRT products each calendar year. The NRT products are not eligible for the mail order benefit.

The amount you receive will be based on the manufacturer's suggested usage and information provided by your smoking cessation counselor.

#### **How much will it cost me?**

You will pay \$5 co-pay for each two week supply; saving nearly \$70 per month.

#### **What if I start smoking again during the program?**

It is not uncommon for this to happen. You can either try again immediately or begin again the next time the program is offered in your area. Don't give up just because you failed the first time.

#### **Who should I contact for additional information regarding the Smoking Cessation Program?**

If you have questions regarding eligibility and benefits with this program, you may contact the Department for Employee Insurance Member Services Branch at 888-581-8834 or (502) 564-6534.

To find out where a Cooper Clayton Program is offered in your area, contact your local health department or Kentucky's Tobacco Quitline at 1-800-Quit Now (800-784-8669) program.

#### **Why is the KEHP providing coverage for the over-the-counter NRT products?**

This is part of the Wellness Program that we are offering participants of our program. We care about our employees' health and want to encourage our employees to quit smoking. Doing so will improve the health of our employees.

#### **Are there going to be other "approved smoking cessation programs" available for us to use?**

As the program continues to develop, we may add additional evidence based smoking cessation programs. However, in an effort to make this program available as soon as possible to our employees, we are beginning with the Cooper Clayton Program and Kentucky's Tobacco Quitline.

## ***Kentucky's Tobacco Quitline***

#### **What is the tobacco quitline?**

The quitline is a free, statewide, telephone based tobacco cessation resource. The quitline offers a one-on-one proactive counseling program for tobacco users who are ready to quit.

#### **Is it effective?**

Yes. Multiple scientific reviews have established that proactive telephone counseling through quit lines is an effective cessation method.

#### **How do I enroll?**

1. Call Kentucky's Tobacco Quitline at 1-800-Quit Now, (1-800-784-8669) or TDY/TDD 1-888-261-6259.
2. The Quitline Coach will work with you to set a "quit date" and advise you of the steps you need to take to prepare to quit.
3. Once your quit date has been established, your coach will fill out the paperwork to request NRT through KEHP. The Quitline will fax a voucher to the Department of Employee Insurance (DEI) for approval.
4. DEI will fax or mail this approved voucher back to you. It will take approximately 2 business days for approval.
5. Take the approved form to your pharmacy to get your NRT. (Not available for mail order)
6. This process will be repeated every 2 weeks while you are actively participating in the program.

#### **What are the hours of operation?**

The hours to speak to a live coach are 8:00 AM to 1:00 AM EST or 7:00 AM to 12:00 AM CST Monday through Sunday, Callers after hours will have the option to leave a voice message, and the call will be returned the next business day by a quit coach.

## *Cooper/Clayton Method to Stop Smoking*

### **What is the Cooper/Clayton Method to Stop Smoking?**

Cooper Clayton is a highly successful smoking cessation program that uses education, skills training and social support. The classes consist of 13 one hour weekly sessions (1 orientation and 12 classes) followed by relapse prevention.

### **Is it effective?**

Nicotine Replacement Therapy is proven to be most successful when paired with support group programs such as Cooper Clayton. Requiring participation in the program will maximize your chance of success!

### **Do I have to attend all classes during the thirteen (13) week program?**

Yes. Attending the classes demonstrates your commitment to quit smoking. If you do not attend all classes, you will not be eligible to continue to receive the NRT products through the KEHP.

### **How can I find out where a Cooper Clayton Class is being offered?**

Contact your local health department or call Kentucky's Tobacco Quitline at 1-800-QUIT NOW (800-784-8669) for help in finding a class.

### **What if a Cooper Clayton class is not being offered in the near future in my county?**

Call Kentucky's Tobacco Quitline at 1-800-QUIT-NOW (800-784-8669) program. This is a proactive telephone counseling program in which you work with a personal quit coach to quit smoking. Call DEI's Member Services Branch for additional information regarding this program.

### **How do I get the NRT products paid for?**

You must take the Cooper Clayton Smoking Cessation voucher to your meetings and follow the instructions below. The voucher is available on the Personnel Cabinet's web site or by calling the DEI's Member Services Branch.

### **What steps do I take to enroll in Cooper Clayton?**

1. Either print the Cooper-Clayton voucher from the DEI's web site or request that DEI mail you the form.
2. Enroll in a Cooper-Clayton Smoking Cessation Program.
3. Have the facilitator sign the form every two weeks.
4. Fax the form with the facilitator's signature to the DEI at 502-564-0364 or mail to DEI at the address below.
5. DEI will fax or mail this approval form back to you. It will take approximately two business days for approval.
6. Take the approved form to your pharmacy to get your NRT.
7. Keep this Voucher. You will need to repeat this process every two weeks.
8. Call DEI's Member Services Branch with any questions (888-581-8834 or 502 564-6534).

The Smoking Cessation Program for over-the-counter nicotine replacement therapies is offered through the Kentucky Employees Health Plan. For additional information regarding this program, please contact:

Personnel Cabinet  
Department for Employee Insurance  
501 High Street, 2nd Floor  
Frankfort, KY 40601  
888-581-8834 or 502-564-6534

# **Smoking Cessation Programs**



Offered by the  
Kentucky Employee's Health Plan  
Personnel Cabinet  
Department for Employee Insurance

