



Ready to quit?

One of the biggest challenges you may face is becoming, or helping a loved one become, tobacco-free. But you're not alone in the battle. The Kentucky Employees' Health Plan will support you every step of the way. Offering proven programs, support services, and free resources, there's a tool that's right for you. For a full list of tobacco cessation resources offered, visit LivingWell.ky.gov.

LivingWell resources include

Cooper-Clayton Program

This successful science-based program uses education, skills training and social support in combination with nicotine replacement products. One-hour, weekly classes are spread over 12 weeks.

The Kentucky Tobacco Quit Line

A telephone counseling service that provides one-on-one support with a trained tobacco cessation counselor. To learn more, call 1.800.QuitNow (800.784.8669).

Nicotine Replacement Therapy (NRT)

KEHP members participating in either of the above programs can receive free (at no cost to the member) over-the-counter Nicotine Replacement Therapy (NRT). *Waivers should check with their insurance company for NRT benefits.

HumanaVitality® Health Coaching Program

A program where your coach will help you design a personal plan. Your plan will include information about decreasing your dependency, smoking and tobacco cessation,

Other resources

You can also find a variety of cessation tips, tools and resources at cdc.gov/tobacco/quit_smoking, the Centers for Disease Control and Prevention's How to Quit website.

Visit smokefree.gov, a website dedicated to helping smokers quit.

managing withdrawal, and dealing with cravings.

Anthem's Quitter in You

Anthem Blue Cross and Blue Shield has partnered with quitterinyou.org to bring you personalized tools, tips and live chat support. You'll get one-on-one help from registered nurses, respiratory therapists and trained smoking cessation counselors.

Visit LivingWell.ky.gov for all of your wellness benefits.



Questions?
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