

# YOU CAN AFFORD TO **QUIT** SMOKING

**No more copays,  
coinsurance, deductibles,  
or dollar limits.**

Talk to your TakeCare<sup>SM</sup>  
representative today.

For program details and class schedule please contact  
TakeCare's Wellness Department at 300-7161 / 7224  
or via email at [wellness@takecareasia.com](mailto:wellness@takecareasia.com).

- Classes are **FREE**.
- All medications are **FREE\*** including OTC  
(Over The Counter).

\*Some conditions may apply.

**New package of benefits  
—Take advantage of it.**



All  plans now offer 100% coverage.  
[www.takecareasia.com](http://www.takecareasia.com)

# Smoking Cessation Program

In conjunction with American Cancer Society's Freshstart Program, TakeCare administers and offers a smoking cessation program to FEHB plan members.

The program includes a one hour session for a total of four weeks designed to educate, empower, and assist individuals who desire to quit smoking.

The sessions include topics on understanding the basic concepts of addiction, effects of smoking, benefits and methods of quitting smoking and managing the first few days of quitting, to include instructions on medications, support systems, and follow-up. Following the format of the Freshstart program, participants are encouraged to identify a quit date followed by individual and group counseling sessions. Participants who failed to quit on the identified quit dates are encouraged to set another quit date and continuous telephonic counseling is done to ensure adequate follow-up.

Beginning in 2011, the Smoking Cessation Program was expanded and enhanced to include no cost sharing to FEHB plan members.

This benefit covers up to **two** quit attempts annually.

*(A quit attempt is defined as at least one counseling session and a corresponding smoking cessation medication reimbursed within a 90-day period.)*

FEHB plan members and their eligible dependents pay nothing:

- No co-pay on counseling sessions (up to **four** counseling sessions)
- No co-pay on FDA approved medications used to treat tobacco cessation, including over-the-counter (OTC) nicotine patches.
- No deductibles
- No coinsurance

TakeCare will continue to work with local federal agencies to make this program more readily accessible to federal employees including offering Smoking Cessation classes at the work site. This initiative is designed to enhance participation in the program by reducing work schedule barriers, thereby improving access to classes and counseling sessions.

TakeCare's Smoking Cessation Program is facilitated by a certified American Cancer Society facilitator.

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