

Smoking and Tobacco Cessation Resources for Employees

The University of San Diego is committed to providing our employees with a smoking and tobacco free campus effective August 2015. The information below offers USD employees ways to access resources and learn more about available smoking cessation programs. Copays and program fees may apply. Please consult your plans summary of benefits and coverage. This information can be found on the MySanDiego Portal Employee Tab.

USD Plans	Services & Contact Information
<p>Employee Assistance Program (EAP)</p>	<p>You will find many tobacco cessation resources such as articles, videos, link, guides and more. One the website, under the “My Health” category, select “Self Help” on the drop down list, then select “No Smoking” on the next drop list.</p> <p>Go to www.mylifevalues.com (login: USD; password: eap) for more information.</p> <p>You can call the EAP 24 hours a day, 7 days a week at (800) 342-8111, for unlimited confidential assistance with nearly any personal matter you may be experiencing.</p>
<p>Cigna HMO Cigna OAP (a preferred provider organization, or PPO) Cigna Consumer Driven Health Plan (CDHP) with Health Savings Account (HSA)</p>	<ul style="list-style-type: none"> • Lifestyle Management Smoking Cessation Program <ul style="list-style-type: none"> ○ Wellness Coaching (over the phone and online) <ul style="list-style-type: none"> ▪ 1-800-Cigna24 ▪ Offered in English & Spanish • Medications to help you quit <p>Go to www.mycigna.com for more information.</p> <p>To speak with a representative, call (800) 244-6224. Representatives are available 24 hours a day, 7 days a week for your convenience.</p>
<p>Kaiser Permanente HMO</p>	<ul style="list-style-type: none"> • Healthy Lifestyle Programs <ul style="list-style-type: none"> ○ www.kp.org/healthylifestyles • Wellness Coaching by Phone <ul style="list-style-type: none"> ○ 1-866-862-4295 ○ Offered in English & Spanish • Tobacco Cessation Health Education Classes (7 sessions) <ul style="list-style-type: none"> ○ Call 619-641-4194 • Medications to help you quit

	<p>Go to www.kp.org/quitsmoking and/or www.kp.org/dejardefumar for more information.</p> <p>To speak with a representative, call (800) 464-4000.</p>
SIMNSA HMO (services in Mexico)	<p>Go to www.simnsa.com for more information.</p> <p>To speak with a representative, call (800) 424-4652.</p>
Health Advocate	<p>Health Advocate provides you with access to Personal Health Advocates (PHAs) – experienced health care professionals who can help you find solutions to your health care or insurance-related issues, and assist you with making informed decisions about care and services.</p> <p>Call (866) 695-8622 or email answers@healthadvocate.com.</p>

Outside Resources
California’s Smoker’s Helpline 1-800-NO-BUTTS
Ex Program www.BecomeanEx.org
American Lung Association Freedom from Smoking
www.ffsonline.org
www.smokefree.gov