

Cuyahoga County

SMOKING CESSATION



WellnessUpdate



Insurance Carrier Cessation Program Lunch-n-Learn Schedule

- August 9 – Jane Edna Hunter Room #343E
noon – 1:00 p.m.
- August 10 – Administration Building
4th Floor Multi-Purpose Room, noon – 1:00 p.m.
- August 16 – Sterling Building
3rd Floor Cuyahoga Room
noon – 1:00 p.m.
- August 17 – ADAMHS Board
Ohio Room
noon – 1:00 p.m.
- August 23 – Justice Center
Sheriff Training Room
noon – 1:00 p.m.
- August 24 – Virgil E. Brown Building
Lower Level Conf. Room
noon – 1:00 p.m.

Learn what resources are available to you through your insurance carrier. A video will be available on MyHr by mid-August.

The County will cover the following items to assist you in quitting smoking:

- Nicotine Patch @ 100% - max 2 Rxs
- Chantix or Zyban @ 100% - max 2 Rxs
- Nicotrol Spray/Inhaler @ 100% - max 2 Rxs
- OTC Gum/Lozenges/DIS @ 100% - max 2 mos

Other resources to assist you in quitting smoking:

- Freedom from Smoking*
 - 1-800-548-8252
- Quit for Life ®
 - 1-866-784-8454
- SmokEnders*
 - 1-800-828-4357
- Cooper Clayton Method*
 - 859-271-1253
- smokefree.gov
 - 1-800-QUIT-NOW
- BecomeAnEx.org
- Quitnet.com
- Nicotine Anonymous
 - 1-877-879-6422

* Have employee costs associated with their programs.

Smoking Cessation ~ Steps for Reimbursement

CVS Caremark

(Employees w/ MMO & UHC Coverage)

Have a discussion with your physician as to which program is the best for you.

For medications requiring prescriptions:

- Obtain a prescription from your doctor for your smoking cessation product.
- Go to your pharmacy and have the prescription filled.
- Pay for the prescription in full and save your receipt.
- Download a CVS CareMark claims form from MyHr and submit a claim to CVS CareMark with a copy of your receipt for the prescription.
- Receive reimbursement back from CVS CareMark for your cessation product.

For Over the Counter (OTC) Products:

- Go to the pharmacy and purchase your OTC product.
- Pay for it in full and save your receipt.
- Download a CVS CareMark claims form from MyHr and submit a claim to CVS CareMark with a copy of your receipt for the prescription.
- Receive reimbursement back from CVS CareMark for your cessation product.

MetroHealth Select

Have a discussion with your physician as to which program is the best for you.

For medications requiring prescriptions:

- Obtain a prescription from your doctor for your smoking cessation product.
- Go to the MetroHealth or CVS network pharmacy and have the prescription filled.
- Pay for the prescription in full and save your receipt.
- Download a CVS CareMark claims form from MyHr and submit a claim to CVS CareMark with a copy of your receipt for the prescription.
- Receive reimbursement back from CVS CareMark for your cessation product.

For Over the Counter (OTC) Products:

- Go to the pharmacy and purchase your OTC product.
- Pay for it in full and save your receipt.
- Download a CVS CareMark claims form from MyHr and submit a claim to CVS CareMark with a copy of your receipt for the prescription.
- Receive reimbursement back from CVS Caremark for your cessation product.

Kaiser Classic

Nicotine Patch Benefit:

- Obtain a prescription from your doctor for your smoking cessation product.
- Go to the Kaiser pharmacy and have the prescription filled or obtain an 8-week mail order.
- Pay your Kaiser drug copay and save your receipt.
- Submit your receipt to the County by designated dates (watch out for blast emails from Benefits@CuyahogaCounty).
- Receive reimbursement via paycheck on a post-tax basis.

For Chantix & Bupropion (Generic for Zyban®):

- Obtain a prescription from your doctor for your smoking cessation product and discuss the safety of using these products.
- Go to your Kaiser pharmacy and have the prescription filled.
- Pay your Kaiser drug copay and save your receipt.
- Submit your receipt to the County by designated dates (watch out for blast emails from Benefits@CuyahogaCounty). More information is forthcoming.
- Receive reimbursement via paycheck on a post-tax basis.

Employees with
Other Insurance Coverage

Have a discussion with your physician as to which program is the best for you.

For medications requiring prescriptions:

- Obtain a prescription from your doctor for your smoking cessation product.
- Go to your pharmacy and have the prescription filled.
- Pay for the prescription in full and save your receipt.
- Submit your receipt to the County by designated dates (watch out for blast emails from Benefits@Cuyahoga County). More information is forthcoming
- Receive reimbursement via paycheck on a post-tax basis.

For Over the Counter (OTC) Products:

- Go to the pharmacy and purchase your OTC product.
- Pay for it in full and save your receipt.
- Submit your receipt to the County by designated dates (watch out for blast emails from Benefits@Cuyahoga County). More information is forthcoming.
- Receive reimbursement via paycheck on a post-tax basis.

Kaiser Classic cont'd.

For Over the Counter (OTC) Products:

- Go to the Kaiser pharmacy and purchase your OTC product.
- Pay for it in full and save your receipt.
- Submit your receipt to the County by designated dates (watch out for blast emails from Benefits@Cuyahoga County).
- Receive reimbursement via paycheck on a post-tax basis.



Questions

CVS CareMark at 1-800-776-1355

Kaiser at 1-800-686-7100

MetroSelect at 1-800-216- 367-3762

or contact

Benefits@cuyahogacounty.us

**SMOKING CESSATION
AT
CUYAHOGA COUNTY**



Cuyahoga County is making many changes. One of these changes includes smoke free worksite which will help our physical worksite become cleaner. Another step is adding a credit to the employee contribution for those who are non-smokers.

The County realizes that there are employees who want to quit and will offer assistance to them.

The County is excited to announce that it will cover the cost of smoking cessation products up to two prescriptions per employee wishing to quit.

This brochure will assist you with how to obtain your medication and how to receive the appropriate reimbursement.

