

SMOKING CESSATION BENEFITS

As a national leader in healthcare and environmental practices, UC is committed to providing our students with a tobacco-free environment. The information below explains the benefits and programs students can access through the UC Student Health Insurance Plan (UC SHIP). Copayments may apply — please consult your plan brochure or Summary of Benefits for more information. Visit www.ucop.edu/ucship for more information about UC SHIP.

SMOKING CESSATION BENEFITS	SERVICES OFFERED
Office Visits with Student Health Clinicians	To discuss smoking cessation with a clinician call your student health center or go to your campus student health center website to make an appointment.
Prescription Drugs	Covered prescription drugs are available at student health centers or at OptumRx network pharmacies to assist with smoking cessation.
Living Free Program	<p>UC SHIP members receive a discount off Anthem's Living Free program at Anthem.com/ca when you sign on as a member.</p> <p>Living Free is an online training and support program that provides:</p> <ul style="list-style-type: none"> • 12 lessons on how to quit smoking • Coaching and interactive support • A library of information on nicotine addiction and how to kick the habit
Additional Campus Programs and Information	Visit ucop.edu/ucship . Go to your campus student health center webpage for smoking cessation information and support. Counselors and health educators are available to answer your questions and provide support.

HELPFUL LINKS

- California Smokers Helpline, 1-800-NO-BUTTS
- www.webmd.com/smoking-cessation
- www.SmokeFree.gov/