

## Program Information

For more information about the **Quit Smoking—Your Way!** program, visit [weatrust.com/quitsmoking](http://weatrust.com/quitsmoking).

Personal health information is protected under the Health Insurance Portability and Accountability Act (HIPAA) and cannot be used to deny coverage or claims.

Your participation in the **Quit Smoking—Your Way!** program is completely confidential. Your school district will not know your tobacco status or your individual participation in this program.

**Quit Smoking—Your Way!**  
combines counseling with  
cessation aids for your best  
chance at beating tobacco.

To ensure that you have current information, this brochure has been approved for use only until July 1, 2010, and may not be relied upon after that date. Refer to your policy for specific benefit information.



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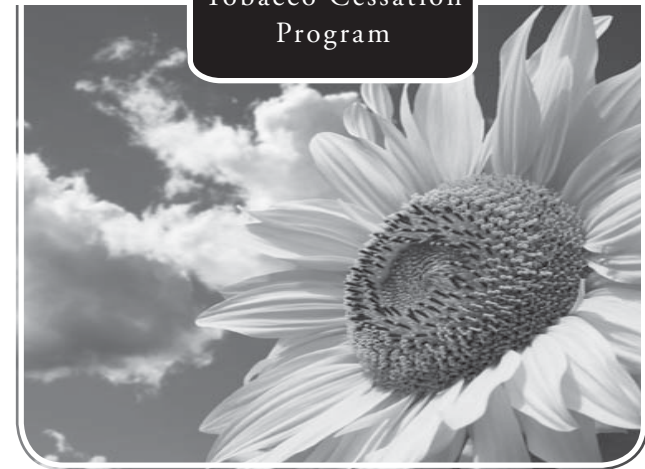
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[weatrust.com](http://weatrust.com)

HWS 2828-510-0709

# QUIT SMOKING— YOUR WAY!

WEA Trust's  
Tobacco Cessation  
Program



Defining Excellence. Delivering Value.  
THE TRUST DIFFERENCE.

## Helping You Kick the Habit

Given the impact tobacco has on your health, quitting your tobacco habit will be one of the most important steps you ever take.

When you quit tobacco, your body will see positive results almost immediately. After only one day without cigarettes:

- Your blood pressure and heart rate improve.
- The level of carbon dioxide in your blood goes down to normal.
- The level of oxygen in your blood increases to normal.
- Circulation improves.

We know it's tough to quit. That's why we offer support from our **Quit Smoking—Your Way!** program.

The program is free and available to members age 18 and over who have WEA Trust health insurance. Dependents under age 18 are not eligible for cessation aids, but are encouraged to contact the toll-free Wisconsin Tobacco Quit Line.

**Discover more health care tips  
by reading your *Partners in Health*  
newsletter and visiting  
[weatrust.com](http://weatrust.com).**

## What Sets our Program Apart?

Studies show you can greatly increase your odds of successfully quitting tobacco when you combine tobacco cessation counseling with the use of tobacco cessation aids. That's why our **Quit Smoking—Your Way!** program combines these two methods—to give you the best chance at success.

### Wisconsin Tobacco Quit Line

The WEA Trust has joined forces with the Wisconsin Tobacco Quit Line, a proven source of effective tobacco cessation counseling for Wisconsin residents. Counselors with the Quit Line help you develop personal strategies that will help you quit tobacco, or you can visit the Web site to find links, information about support groups, and more.

Here are some quick facts about the Quit Line and how convenient it is to use:

- The Wisconsin Tobacco Quit Line is a tobacco counseling service available to Wisconsin residents at no cost.
- The Quit Line may be reached at (800) 784-8669 (QUIT-NOW).
- WEA Trust members who live outside of Wisconsin can call the Quit Line. Out-of-state callers will be automatically routed to the Quit Lines in their states.
- The Quit Line is available from 7 a.m. to 11 p.m. daily (excluding some holidays).
- The Quit Line offers coaching, discussion forums, and more at its Web site: [WiQuitLine.org](http://WiQuitLine.org).
- Since 2001, the Wisconsin Tobacco Quit Line has served nearly 100,000 callers.

**Find out more about  
Quit Smoking—Your Way!  
at [weatrust.com](http://weatrust.com).**

**Contact the Wisconsin Tobacco Quit  
Line at (800) 784-8669 or online at  
[WiQuitLine.org](http://WiQuitLine.org).**

## Tobacco Cessation Aids

To begin use of cessation aids, see your health care provider for a prescription.

Our program includes a three-month supply (one month at a time) of prescription or over-the-counter cessation aids once every 12 months, when you obtain them at a participating pharmacy. The aids available to you include the non-nicotine drug Bupropion, Chantix, the nicotine patch, gum, nasal spray, inhaler, or lozenge. Aids must be used for up to three consecutive months, not intermittently.

To determine whether a specific pharmacy is a member of the network, ask the pharmacy or log in to our prescription drug administrator's Web site at [caremark.com](http://caremark.com).

If you obtain tobacco cessation aids from a nonparticipating pharmacy, you may be responsible for out-of-pocket costs. For further information, please refer to our Web site, [weatrust.com](http://weatrust.com).